

15 WAYS TO DECLUTTER YOUR HOME & SAY GOODBYE TO KALAT

# GOOD HOUSEKEEPING

THE NO.1 FAMILY AND HOME MAGAZINE

PHILIPPINES • JULY 2015

10 great baking tools

*Good Deeds*

- a home for street kids
- building a nation with books

**one-pot wonders**  
cook a complete and satisfying meal  
—all you need is one pot

*Condo Living*  
**a starter home where you can chill**

**PET**  
*cafés & salons*  
love dogs? wild about cats?  
you and your furry friends will love these pet joints around the metro  
*meow!*

*We've Got Shoes!*  
**vamp up your shoe wardrobe**

*Why Are We So Tired?*  
**the surprising causes of exhaustion**

*Protecting Your Family*  
**why you need insurance right away!**

*Love Gone Bad*  
**first-hand accounts of where love begins and ends**



© PASSIONON





start your morning  
happy & **Lite**



\*Lucky Me! Lite has 30% less sodium vs. Lucky Me! Mami Chicken na Chicken and Beef na Beef.

# Let it Rain!

Don't let the gloomy weather dampen your morning with the kids. Wake up your family to **Lite** and fun-filled days this July!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
				<div>Family Activity: School Pick Up. After your kids finish their breakfast, tell them that you have a cool after-school surprise. Instead of letting them ride the school bus or with the family driver, pick them up and go on a mall date. It's a sure hit after a long school day.</div> 		
5	6	7	8	9	10	11
	<div>How do you kick off a great school week? With a <b>Lucky Me Lite</b> breakfast, of course! It will energize the kids for school and send them happy vibes.</div> 					
12	13	14	15	16	17	18
			<div>Lucky Me! Lite idea: Match that steaming noodle bowl of <b>Lucky Me! Lite</b> with a yummy breakfast side like a ham and cheese omelet, a vegetable frittata or even baked egg with crunch toast.</div> 		<div>Lucky Me! Lite idea: Can Mommy enjoy some <b>Lucky Me! Lite</b> too? Sit down with the kids (dad can join also) and enjoy a breakfast of <b>Lucky Me! Lite</b> while catching-up with the kids.</div>	
19	20	21	22	23	24	25
		<div>Lucky Me! Lite idea: How do you elevate their regular breakfast experience? Add yummy, healthy ingredients like soy-marinated lean beef, broccoli, and tofu to the mix!</div>				<div>Family Activity: Bonding Time with Lolo and Lola! Spending a day with them can be awesome. Before leaving for their grandparents' house, prepare a delicious breakfast of <b>Lucky Me! Lite</b>.</div>
26	27	28	29	30	31	
	<div>Kiddie Surprise: Give your little one a sweet surprise by leaving simple notes in his school bag. You can write encouraging messages like, "Have a good day today!" or "You'll do great!" when he has a big test to finish that day.</div>					



# TOP FIVE REASONS

## WHY YOU SHOULD CHOOSE MILO® WITH ACTIV-GO®

Children today are busier than ever. Here's how new MILO® with ACTIV-GO® can help you keep up in raising champs.



### 1 CHILDREN NEED ENERGY

With their busy schedules, children today need energy for both body and mind. They can get energy from new MILO® with ACTIV-GO®. It has PROTOMALT® - a unique malt blend that is a good source of carbohydrates that help in providing children with energy.

### 2 HELP RELEASE THEIR ENERGY

Bodies always have stored energy. It can be used efficiently with the 9 micronutrients in MILO® with ACTIV-GO®. With 6 vitamins (B2, B3, B6, B12, C, & D) and 3 minerals (calcium, iron, phosphorus), they get to help the body in releasing energy.



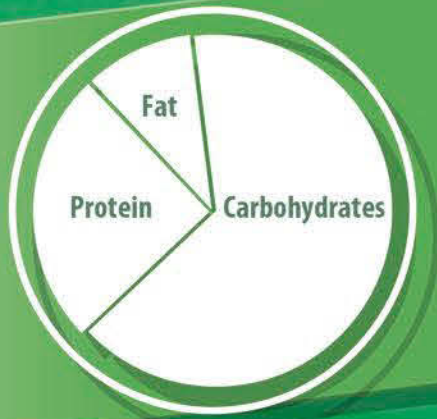
## WAKE UP to NUTRITIOUS GOODNESS

MILO® is made up of the nutritious goodness of malt, milk and cocoa, making it a champion choice for breakfast.



## BALANCED BENEFITS

MILO® with ACTIV-GO® is nutritionally balanced. It has the right amount of **carbohydrates, protein, and fat**, which helps provide energy.



## AWESOME WAY TO START

Help put them in their best mood by waking up to their favorite **chocomaltee** taste!



## BE A CHAMPION MOM TODAY!

Fuel your champ with new MILO® with ACTIV-GO® and help him be part of the new breed of champions.



Good Food, Good Life



# GOOD HOUSEKEEPING

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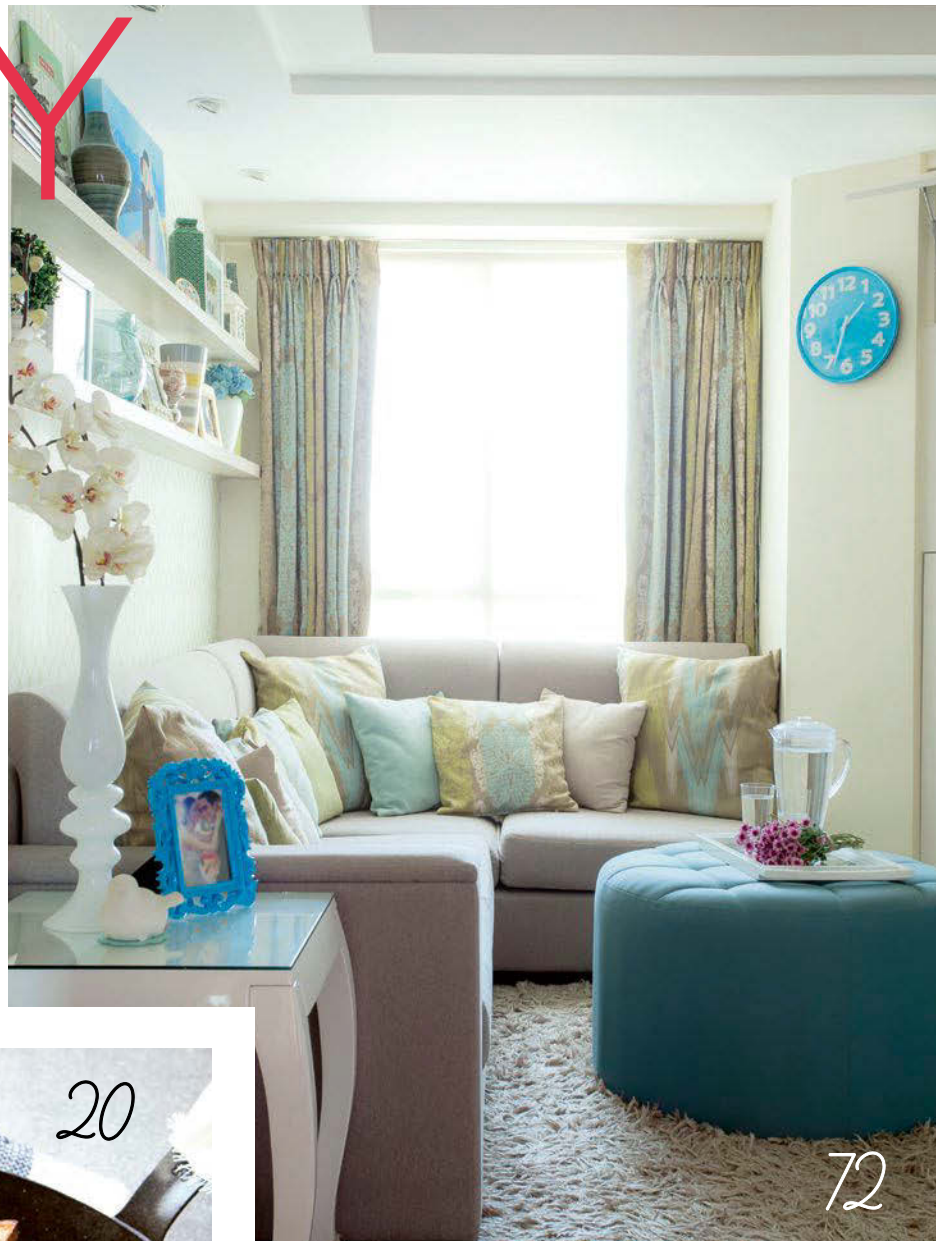
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Love dogs? Wild about cats? You and your furry friends will love these pet joints around the metro. Meow!



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Photograph by Kurt Alvarez.  
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# GIORDANO

*world without strangers*

# GH JULY 2015



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A ONE-OF-A-KIND  
EXPERIENCE FOR  
THE WHOLE FAMILY



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## Setting CIVILIZED

**THREE FELINES IN A CAFÉ** isn't exactly your typical *Good Housekeeping* cover material. But that's exactly what we have this month: three rather contented cats lording it in a café where, incidentally, humans are also welcome.

Well, we did tell you in March this year we were out to do things differently. That means—if I may call in some clichés—thinking out of the box, pushing the envelope, going against type. In other words, just doing things the way we feel in our gut we should. Thus, this seven-page special on pet establishments for your information and pleasure.

Dogs and elephants came ahead, when we let you in on the work of volunteers seeking to find homes for rescued and rehabilitated pit bulls (March 2015), and when we let you join the debate on the maddening and solitary life of Mali at the Manila Zoo (April 2015). This July, it's raining cats and dogs—and pouring unbridled good news.

We're moving up! It's a step up to have salons and cafés in the metro dedicated to delighting our furry companions! We're forging ahead when investors set up places for humans to bond with animals! (As our exclamation points show, we really are beside ourselves.) Why, we're actually—is it possible?—becoming civilized!

All our other multiple concerns, as women and adults, are legit and urgent, and will remain so for as long as we live in a world filled with imperfections. But we dare say, in GH, only when we learn to treat right the animals who co-inhabit the earth with us can we really say we are humans deserving of a perfect world.

*Jo-Ann*  
Jo-Ann Q. Maglipon  
GROUP EDITORIAL DIRECTOR



## Making Room FOR BLISS

**IN HER BESTSELLING BOOK**, *The Life-Changing Magic of Tidying Up*, cleaning consultant Marie Kondo writes, "When we really delve into the reasons why we can't let something go, there are only two: an attachment to the past or a fear for the future."

As I type this, I am seated at my new workstation, surrounded by boxes filled with stuff—but I'm happy to report that I have two boxes less to worry about. I was so inspired by Kondo's method (which I write about in "15 Ways to Declutter Your Home") that I have begun the slow, arduous process of letting go. Today: my workstation; tomorrow: my house!

Letting go—whether of stuff or relationships ("How I Fell In and Out of Love")—is often painful, but it's necessary. Kondo writes about clients who, after decluttering once and for all, were able to get rid of the barriers that were keeping good things from coming into their lives; clients who finally started the business they had long been meaning to start, or who left a highly toxic relationship, or who lost the weight they'd been wanting to lose for years. I've been feeling unsettled lately, and I suspect it's partly because of the physical clutter around me. I relish the thought of a clutter-free space, and am excited to see the good things that await after my big cleanup.

Speaking of good things coming into our lives, we'd like to congratulate associate beauty and features editor Elaine Natividad Reyes, who recently gave birth to an adorable little boy. The GH team is growing—and that's something we'll always happily make room for!

*Tisha*  
Tisha Alvarez Angluben  
EDITOR IN CHIEF

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Sa Babyflo, ang baby mo lovable at cool!  
Sadyang ginawa para kay baby. Piling-pili ang  
mga ingredients para iwas skin irritation  
at maginhawa sa feeling ni baby!



*Mapagkakatiwalaan  
ni Mommy...*

*Para kay  
baby.*



# they say DEAR GH



I'm an avid follower of GH. I was content being a silent but loyal reader until I got hold of your April 2015 issue and came across the article "Coping through Clay." My husband, our two kids, and I talked about what we could do to help the children of Tacloban who are still coping with the horrible aftermath of Typhoon Yolanda.

We collected things we thought could help the children and brought them to Ms. Aba Lluch Dalena's studio. I was in awe. Little did we know that we would be meeting a great visual artist! She was so nice and so accommodating. It was an awesome, once-in-a-lifetime experience that we will always treasure. And this was made possible because of your magazine.

GH is not just about the good life, it's not just about feeling and looking good. It's also about being able to empathize with other people. More power!

Marites Tolosa, Manila



I love the photos in the magazine. As for the articles, I particularly like the ones that tackle love and weight loss. I also like it when GH dishes out advice, especially when it comes to money.

Ellen Balane, Makati City



I like the how-to articles, especially about money matters. The tips are very practical. I also like the food recipes.

Olive Oliva, Manila



GH  
throwback!

My mom started collecting your magazine in 2004. From then on, she looked forward to buying it every month. Once she has a new copy, she doesn't put it down until she's read everything—from start to end. I've become a GH reader as well. The mag is full of information and ideas. So in behalf of my mom, I'd like to thank you for being there for her, all these years!

Julienne Althea Mirasol, Negros Occidental



I like the new look of GH! It's so fresh and nice to look at. The first time I saw it, I thought it was the U.S. edition. Bet na bet ko ang visuals!

Angie Esposo, San Juan





# Bonding Time Buddies

Exchange EQ Dry wrappers for these cute LED Lamps and Suction Bowl and create unforgettable bonding moments with your baby.



Suction keeps the bowl in place to avoid spills.



## Also Available

Cute animal designs to brighten up baby's room.



Spill-proof suction bowls.

Promo Period: May 25 – August 31, 2015

### PROMO MECHANICS:

1. You can join by simply collecting **EQ Dry Baby Diaper with Bubble Top Sheet and Waistband** or **EQ Dry Baby Diapers with Magic Tape** empty wrappers with intact points. The points system based on the packaging are as follows:

EQ DRY BABY DIAPER	LABEL POINTS
Mini Pack (NB4, S4, M4, L4, XL4, XXL3)	1/4 pt.
Travel Pack (NB22, S20, M18, L16, XL14, XXL12)	1 pt.
Econo Pack (S40, M36, L32, XL28, XXL24)	2 pts.
Jumbo Pack (S60, M54, L48, XL42, XXL36)	3 pts.
Mega Pack (M84, L72, XL60)	4 pts.

\*EQ Dry with Magic Tape or EQ Dry with Bubble Top Sheet and Waistband wrappers are valid.

2. Collect any EQ Dry empty wrappers with the corresponding number of points to get one (1) collectible item:

ITEM	REQUIRED POINTS
EQ Dry LED Lamp Rabbit	30 pts.
EQ Dry LED Lamp Horse	30 pts.
EQ Dry LED Lamp Cow	30 pts.
EQ Dry Suction Bowl with Spoon (Pink, Green or Blue)	18 pts.

\*At least 1/4 of the entire wrappers will be accepted however, side of packs with EQ points should be present.  
 \*Entries containing cut-out points will NOT be honored.  
 \*Entries with soiled wrappers (wrappers contaminated with feces or mud, discolored or faded wrappers) or unused wrappers will NOT be honored.

3. Submit the required **EQ Dry Baby Diaper with Bubble Top Sheet and Waistband** or **EQ Dry with Magic Tapes** empty wrappers together with the following information completely written on a piece of paper:

- Sender's name
- Gender
- Birthday
- Complete address (Please include landmarks for hard to find locations).
- Telephone and/or mobile phone numbers
- E-mail address
- Baby's name
- Baby's gender
- Baby's birthday
- Signature of parent/guardian
- Preferred Item: EQ Dry LED Lamp (kindly rank your top 2 preferred animal designs) and/or EQ Dry Suction Bowl (preferred color)

4. Entries may be mailed or hand carried to JS Unitrade Office from Mondays to Fridays 9:00AM to 5:00PM:

a. "EQ DRY Bonding Time Buddies" – Manila Office  
 JS Unitrade Merchandise, Inc.  
 20th Floor Marco Polo Ortigas Manila,  
 Sapphire Road Ortigas Center, 1605 Pasig City,  
 Metro Manila

c. "EQ DRY Bonding Time Buddies" – CDO Office  
 Unit G, Neotrinity Warehouse,  
 National Highway Cugman  
 Cagayan de Oro City

b. "EQ DRY Bonding Time Buddies" – Cebu Office  
 JS Unitrade Merchandise, Inc.  
 Lot 2, Bk 5 Crescent Rd cor. Middle Rd.  
 Cebu Light Industrial Park (CLIP), Brgy. Basak  
 Lapu-Lapu City Cebu.

d. "EQ DRY Bonding Time Buddies"  
 P.O. Box 14260 Pasig City

You may also send your entries through JRS Express and enjoy up to 13% special mailing discount.

5. Deadline of submission of entries is up to August 31, 2015. Entries sent via mail may be received provided it is dated and received by the post office on or before September 14, 2015.

6. Your chosen premium item/s will be delivered free of charge by JRS to the address submitted by the sender. Items will be sent from June 1 – November 31, 2015. In the event that the sender is not present during the time of delivery, a member of the sender's household will be asked to sign a proof of delivery and receive the premium item/s in behalf of the sender.

7. You may join the promo as many times as you want.

8. LED Lamp and Suction Bowl is not convertible to cash.



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Per DTI FTEB SPD Permit #3184 Series of 2015.





# fun FINDS

WHAT WE'RE EXCITED ABOUT THIS MONTH

## THE BRUSH OFF

Look chic while on the go with these cute travel toothbrushes.

Toothbrushes, P225 each, Forever 21, SM Megamall, Bldg. B 2/L (632) 477-2733

THIS IS ABOUT 3 FEET TALL

## CAGED IN

A chandelier in a birdhouse? Why not? Hang this in your living room or use as a floor lamp.

Chandelier, P2,500, Mandaue Foam, Shaw Boulevard, Mandaluyong City (632) 234-1112, (632) 621-9362, (632) 721-0661 to 65

## WHERE ARE MY KEYS?

Never have this problem again when you keep them here.

Key organizer, P2,995, Rustan's Shangri-La, Edsa corner Shaw Boulevard, Mandaluyong City (632) 633-4636

## NOTED!

These journals offer quality, functionality, and lots of colors to choose from.

Leuchtturm1917 journals, prices range from P210 to P1,650, National Book Store, Glorietta G/L (632) 625-5105 to 06

PAINTED BY HAND







### FEELING CHEESY

This locally produced cheese board is made from recycled wood, and comes in different shapes and sizes.

Board, P1,975,  
Rustan's

### FOR A STYLISH WORK STATION



### SEE THE WORLD

Give your work space some pizzazz. Get rid of standard-issue magnets and replace them with these.

Magnets (set of 6),  
P575, Rustan's

### LISTEN UP

Gadget accessories need not look so utilitarian. Try these on for size.

Lily Pulitzer earphones,  
P995.75, Rustan's



### COMES WITH MATCHING POUCH

### STANDING TALL

Turn this desk lamp into a bedroom nightlight and stay relaxed all night long.

Lamp, P595,  
Mandaue Foam



### TROPIC THUNDER

Aranaz, a proudly Filipino brand that makes world-class bags, has expanded into home accessories! Its trays come in oh-so-pretty prints.

Trays, P1,700, Aranaz Tu, Mega  
Fashion Hall, SM Megamall 4/L





# Decorate it YOURSELF

IF YOU FEEL LIKE YOUR HOUSE IS STARTING TO LOOK BLAH, THESE APPS CAN GET YOUR CREATIVE JUICES FLOWING.



**MANSION HOMES**  
FREE 

**If you love luxury and celebrities...** This app is like that show, *Lifestyles of the Rich and Famous*. Mansion Homes showcases celebrity homes that are for sale in the U.S. Gawlk at the stars' ultra-luxe abodes, including those owned by actor Brad Pitt, reality TV star Kim Kardashian, and singer Celine Dion. Each home includes photos, information on the realtor, description of the property, and how to get to the house—in case you're thinking of making your champagne wishes and caviar dreams come true.



**MARK ON CALL**  
\$299 -iPhone   
\$499 -iPad 

**If you're the visual type...** See your renovation as a full-color floor plan, just like the way the pros do it. Pick out furniture pieces, choose colors, patterns, and textures from preset palettes, and see how they tie in together. Mark On Call app lets you add everything to the floor plan, from floors to windows to chandeliers. There's something about seeing your ideas all laid out that will inspire you to go ahead with your redecoration project.



**DREAM HOME**  
FREE 

**If you don't know where to start...** Dreaming of remodeling your bedroom? This app has hundreds of pictures of bedrooms where you're sure to find a peg you can use. Images range from contemporary to traditional, Asian to Western. There's one done in all pink, another in all purple, and then there's the baby pink room filled with hearts. You can save the photos in your camera roll for future reference, or choose to share photos with friends via Facebook, Twitter, Instagram, or e-mail.



**PHOTO MEASURES LITE**  
FREE  

**If you need to remember measurements...** Simply take photos of your home, and write the measurements of each nook and cranny on the photo itself. Tap on the photo to magnify an area for a closer look. The app gives you the option to save photos in high resolution, so you can email them to yourself and save them in your photo library. This is especially useful when you're buying a piece of furniture and you're not sure if it will fit the space, or if you keep losing that makeshift floor plan you drew yourself.



**LIKE THAT DECOR AND FURNITURE**  
FREE 

**If you like hunting for furniture...** Why not do it online? With this app's fantastic home catalogue, you get access to millions of furniture pieces from thousands of merchants. Its unique feature allows you to take a photo of your desired piece, and the app looks for the exact same item or one just like it.



Text by Johanna Paula Tamondong and Kaye Ricarte. Photographs from iStockphoto (paint) and the App store.



*It's a germ-free world with*

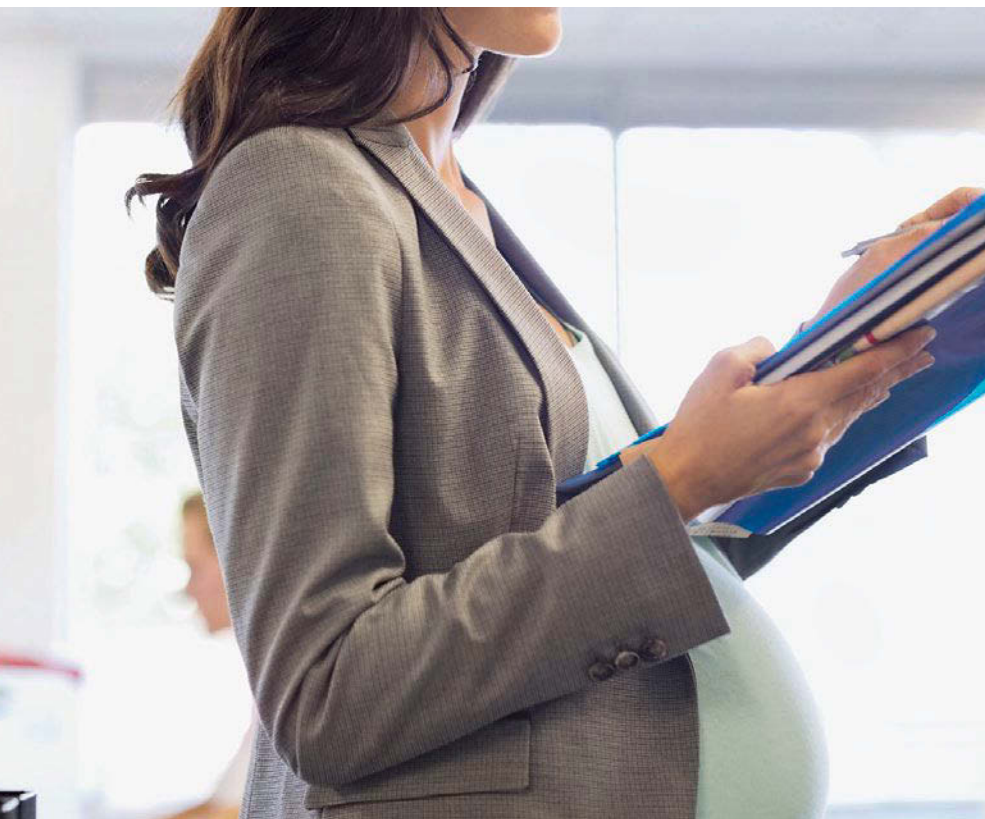
# BIOGENIC

## ISOPROPYL ALCOHOL



- ✓ KILLS BACTERIA
- ✓ DISINFECTS
- ✓ CLEANS
- ✓ MOISTURIZES

# Your questions ANSWERED



## CAREER COUNSEL

**Q I WAS ON MATERNITY LEAVE, BUT MY BOSS KEPT ASKING ME TO DO WORK-RELATED TASKS FROM HOME. I STILL DID THEM SINCE I WAS AFRAID TO LOSE MY JOB, BUT I WAS WONDERING ABOUT REMUNERATION—CAN I ASK FOR COMPENSATION BEYOND THE PAID MATERNITY LEAVE (WHICH, TECHNICALLY, I DIDN'T GET TO ENJOY BECAUSE I WAS WORKING)?**

If you didn't go to the office or log in officially for the day, it's a bit tricky to quantify and justify the extra days that you should be compensated for, especially if you did not ask for this upfront before you started your maternity leave. If you can actually compile, record, and identify the exact number of hours and your work output during your maternity leave, it's worth asking management for compensatory time off.

If your employer doesn't respond positively, you may instead casually request for flexibility in terms of time in or time out during days that you need to fulfill maternal obligations, by reminding them of your commitment to the company during your maternity leave. If you have built up enough goodwill with your boss due to previous good performance, he or she should allow you some flexibility on this matter. —Malou Trenas Del Castillo

**Q My religion is against vices, but I work for a cigarette company. How do I balance my faith and my profession?**

What many don't realize is that personal and career values affect job fulfillment. It goes beyond salary, position, and benefits. Values can be influenced by the group we belong to, such as our religious community.

Make a list of the positive things that make you happy working for your employer—whether it is a good training program, career growth, or being able to practice your expertise in a challenging environment that pays you well. Identify these motivators and career values, and rank them, together with the need to align your faith with your work. If your motivators and career values far outweigh your concern over working for a tobacco company, then you know exactly what you are getting in exchange for working in this company.

Next, identify your long-term career goal. Ask yourself: will working in the company bring you closer to your goal? If it brings you away from that goal, you are right to question if you should continue working there or not. If working in the company is making you miserable, guilty, or embarrassed, and your performance starts to suffer, you should probably start looking for another job.

To avoid such a situation in the future, be clear about your top career values for job fulfillment. Do some research on the company to see if its values are aligned with yours. Before the interview, think about questions you can ask to determine if this is the right place for you. —Malou Trenas Del Castillo



## FAMILY LAW

**Q** I AM PLANNING TO APPLY AS AN IMMIGRANT TO CANADA, TOGETHER WITH MY TWO KIDS. ONE OF THE REQUIREMENTS IS TO GET PERMISSION FROM THE FATHER, WHO ACKNOWLEDGED AND SIGNED MY ELDEST SON'S BIRTH CERTIFICATE. THE FATHER IS MARRIED TO SOMEONE ELSE NOW, AND HE'S BEEN AVOIDING ME. HOW DO I GET HIS PERMISSION?

Under Article 176 of the Family Code, only mothers have parental authority over their illegitimate children. I understand from your question that the father acknowledged only your eldest son and signed his birth certificate, but not that of your second child. What you can show to the Canadian consul when you go for interview is a copy of the Family Code (Article 176) stating that only mothers of illegitimate children have parental authority over them. Thus, the biological father's consent is not necessary, especially for your second child who was not even recognized by the biological father. You can also obtain a certificate from the National Statistics Office showing he is married to someone else. —Atty. Rita Linda Jimeno

**Q** I'VE BEEN SEPARATED FROM MY HUSBAND FOR FIVE MONTHS AND HE HASN'T GIVEN ME, OR MY CHILDREN, SUPPORT SINCE HE LEFT. HE SAYS THAT HE HAS NO INCOME, BUT HE WORKS IN THE FAMILY BUSINESS. CAN I GO AFTER HIS FAMILY'S ASSETS INSTEAD?

Under the law, legitimate ascendants and descendants are obligated to support each other. Therefore, if your husband is truly unable to provide support for his children as he claims, then the obligation to give support may be claimed from his parents, who apparently have a thriving business. You can also start searching for properties registered in your husband's name because our law provides that conjugal assets, or those owned by a person obliged to give support, may be used to answer for the support he is supposed to give.

If your husband stubbornly refuses to give support to you and your children despite proof that he is gainfully employed, you may file a case against him under the law on child abuse or under RA 9262 or the Anti-Violence Against Women and their Children Law. His refusal and failure to give support amount to economic abuse. —Atty. Rita Linda Jimeno

**Q** I HAVE A CHILD BUT THE FATHER AND I ARE NO LONGER TOGETHER. AM I STILL ENTITLED TO MONETARY SUPPORT, AND IF SO, HOW MUCH?

Whether or not you are married to the father, he is obligated to give support to the child he sired. The amount of support he has to give depends on several factors: (1) the actual expenses necessary for the needs of the child, which include medical expenses, tuition fees, and living expenses; (2) the capacity of the father to give support. Thus, if he is only earning P10,000 a month, he may not be required to give support in the amount of P20,000 a month; and (3) your own capacity to give support as the child's mother, if you are earning your own income. Courts also consider the lifestyle the child has been accustomed to. —Atty. Rita Linda Jimeno



## What is the Solo Parents' Act? Can I apply for its benefits in our company?

The Solo Parents' Welfare Act of 2000 gives additional benefits to a parent who is left "solo or alone with the responsibility of parenthood" due to several circumstances. These include separation, abandonment, death of the spouse, or if the spouse is imprisoned or otherwise incapacitated.

Solo parents whose income falls below the poverty threshold shall be entitled to additional livelihood and educational support from the Department of Social Welfare Development (DSWD) and other government agencies.

All solo parents, whether or not they earn a substantial income, are entitled to other benefits provided by law, which are: (1) a flexible work schedule; (2) protection against discrimination in the work place regarding terms and conditions of employment because of one's status as a single parent; and (3) an additional parental leave of not more than seven working days every year, for any solo parent employee who has rendered service of at least one year.

Yes, if you are a solo parent, your company is required to give you these benefits, on top of your existing benefits under the law and as provided by your company.

—Atty. Rita Linda Jimeno

## THE EXPERTS



**CAREER COUNSEL**  
**Malou Trenas Del Castillo** is a career consultant at Lee Hecht Harrison, a career transitions company.



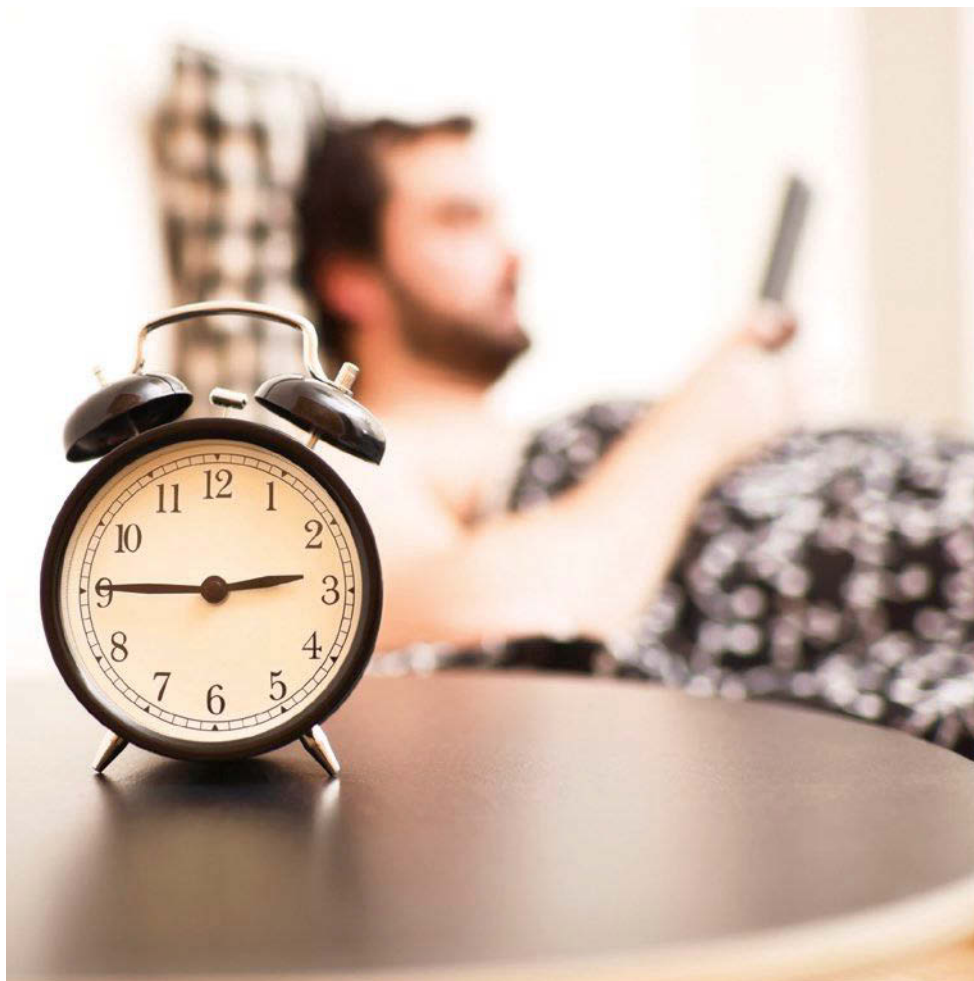
**HEALTH CHECK**  
**Angela G. Sison-Aguilar M.D.**, specializes in Obstetrics and Gynecology.



**FAMILY LAW**  
**Atty. Rita Linda V. Jimeno** is a managing partner at Jimeno Cope & David Law Offices.



**KEEP IT REAL**  
**Boboy Alianan and Vange Alianan-Bautista** practice clinical psychology at PsychConsult, Inc.



## HEALTH CHECK

### Q MY HUSBAND HAS A DIFFICULT TIME SLEEPING. HE'S ALWAYS GROGGY OR TIRED. IS IT POSSIBLE HE HAS A SLEEPING DISORDER?

According to Dr. Antonio Fernando, psychiatrist and sleep specialist at the University of Auckland, your husband may need a complete medical and sleep assessment. He recommends that an evaluation be done in a sleep laboratory. We have this kind of facility in several hospitals in Metro Manila.

Aside from sleep apnea—which is a condition characterized by multiple brief awakenings in an attempt by the person's body to obtain more oxygen—other conditions that need to be checked include depression, brain conditions, medications, or rare sleep disorders.

The sleep specialist will check the character of his sleep problems.

Since it is usually a family member or a significant other who first notices another person's sleep difficulties, be at hand when your husband has his evaluation. You may need to describe if your husband has difficulty falling asleep, or if his sleep is shortened by early or frequent awakenings. The specialist will ask you if you have observed any behavior or sign that accompanies his sleep disturbance, including breathing and leg movement.

Your husband will also have to reveal his habits before sleeping—including exercise, watching television, video gaming, and taking medications, coffee, alcohol, or stimulant beverages.

Since his sleep is disturbed and not restful, this will definitely affect your husband's daytime activities. To be on the safe side and prevent fatal accidents, Dr. Fernando advises that overly sleepy people should avoid driving or operating heavy machinery.

—Angela Sison Aguilar M.D.



### I FOUND AN UNUSUAL LUMP ON MY LEG. HOW WILL I KNOW IF IT SHOULD BE A CAUSE FOR CONCERN?

A lump can be from your bone or from soft tissue.

If it is a bony growth, an X-ray recommended by your physician will confirm it.

If it's soft tissue that lies just under your skin, it could be a benign sebaceous cyst or a lipoma. A sebaceous cyst is an oil gland with accumulated secretions. A lipoma is a benign tumor made of fat cells.

Some tumors may also arise from nerve, muscle, and connective tissue, and even from blood vessels.

For non-bone masses, other imaging studies (ultrasound, CT scan, or MRI) may be required. You can have the lump excised by a surgeon and submitted to the lab for analysis. The lab will confirm if it is indeed a non-cancerous mass.

Bothersome symptoms are severe pain, bleeding, discoloration of surrounding skin, and rapid growth. Sometimes a mass can become infected, either due to its location or to frequent manipulation, which leads to trauma and bacterial contamination.

Large masses, especially those greater than five centimeters, or masses that last more than six weeks, should be checked by your doctor.

—Angela Sison Aguilar M.D.



# *your* KITCHEN

ONE-POT WONDERS • 10 GREAT BAKING TOOLS • WEEKNIGHT DINNERS

## *Bacon, Ham, Tomato* **ONE-POT PASTA**

The pasta absorbs all the flavors of the broth, making it even more tasty.

TAKES 40 MINUTES  
MAKES 6 SERVINGS

RECIPE, PAGE 24

*stir in your  
favorite veggies*



# One-pot **WONDERS**

Even in the smallest kitchen, you can cook a complete and satisfying meal—all you need is one pot!

TAKES 40 MINUTES  
MAKES 6 SERVINGS  
RECIPE, PAGE 24

## *Lemon Chicken Green Bean* **AND POTATO SKILLET**

Lots of lemon juice brighten a white wine sauce, giving the entire dish a zesty kick.



## *Spicy Fish* **BURRITO BOWLS**

Toss the tortilla out and replace it with rice, and you've got a filling, flavorful, lip-smacking rice meal, ready in minutes!

TAKES 30 MINUTES  
MAKES 6 SERVINGS

RECIPE, PAGE 24





## *Herbed Pork* **ON WILD RICE**

Pork tenderloins are cooked right in the rice cooker to make a fast, healthy, and delicious meal.



TAKES 30 MINUTES  
MAKES 6 SERVINGS

RECIPE, PAGE 26





## *Mexican* **MEATBALL RICE**

Take the flavors of taco beef, and put them into a meatball meal that you can cook on either a stovetop or in a rice cooker.

TAKES 35 MINUTES  
MAKES 6 SERVINGS

RECIPE, PAGE 26

**SEARING CARAMELIZES THE OUTSIDE OF THE MEATBALLS, ADDING MORE FLAVOR. IN A RUSH? DROP RAW MEATBALLS IN WITH THE RICE BEFORE TURNING ON THE RICE COOKER.**



## BACON, HAM, TOMATO ONE-POT PASTA

Beat 3 eggs and stir in pasta while hot for an easy carbonara version.

TAKES 40 MINUTES  
MAKES 6 SERVINGS

1 pack (250 grams) bacon, chopped  
3 cloves garlic, peeled, chopped  
1 pack cherry tomatoes, halved  
1 pack (250 grams) cooked ham, sliced  
1 pack (400 grams) bow-tie pasta  
1/2 tsp. dried Italian seasoning  
5 c. water  
1 chicken bouillon cube  
1 bunch kangkong, leaves only  
1/2 c. Parmesan cheese, grated, more to taste  
Salt and ground black pepper, to taste

**1 In a large pot over medium heat, cook bacon until crispy.** Remove from the pot with a slotted spoon. Drain on paper towels. Set aside.  
**2 Add garlic to the pot and sauté until softened.** Add tomatoes and cook until softened. Add ham, pasta, herbs, water, and bouillon cube. Bring to a boil, uncovered, and let simmer until pasta is al dente, stirring occasionally.  
**3 Stir in kangkong leaves.** Simmer until liquid just covers the bottom of the pot. Stir in Parmesan cheese. Serve immediately.



## LEMON CHICKEN, GREEN BEAN, AND POTATO SKILLET

Use a pack of frozen potato wedges to cut down the prep and cooking time.

TAKES 40 MINUTES  
MAKES 6 SERVINGS

1/2 kg. chicken thigh quarters, cut into legs and thighs  
1/2 kg. potatoes, cut into wedges  
1 lemon, sliced  
1 bunch Baguio beans  
1/2 c. white wine  
1/2 c. chicken stock  
2 Tbsp. olive oil  
Salt and ground black pepper, to taste  
Oil, for frying

**1 In a large skillet over medium heat, heat oil until surface shimmers.** Season chicken pieces generously with salt and ground black pepper, and fry in batches in hot oil until golden brown on all sides. Set aside on a plate.  
**2 Fry potato wedges until tender on the inside and crisp on the outside.** Drain on paper towels. Set aside.  
**3 Deglaze pan with white wine, let simmer, then reduce until almost dry.** Add lemon slices and chicken stock. Return chicken pieces to the skillet. Season with salt and ground black pepper, to taste. Cover, and let simmer until chicken pieces are cooked through.  
**4 Uncover, and add green beans and potatoes to the skillet.** Baste chicken, potatoes, and beans until beans are tender.

## SPICY FISH BURRITO BOWLS

You can substitute the dory fillets with any firm, white, fleshy fish like tilapia, lapu lapu, or even halibut.

TAKES 30 MINUTES  
MAKES 6 SERVINGS

1/4 tsp. ground cumin  
2 tsp. chili powder  
1 tsp. salt, or to taste  
1/4 tsp. ground black pepper, or to taste  
1 small red onion, peeled, sliced  
2 cloves garlic, chopped  
1/4 c. black beans, drained, rinsed  
1/2 c. kidney beans, drained, rinsed  
1/2 c. pinto beans, drained, rinsed  
1/2 c. chickpeas, drained, rinsed  
1/2 c. sweet corn kernels, drained, rinsed  
1/2 c. diced tomatoes  
1 c. uncooked brown rice, rinsed  
1/2 c. uncooked red rice, rinsed  
2 c. water  
1 chicken bouillon cube  
3 cream dory fish fillet, cut into large chunks  
Salt and ground black pepper, to taste  
Oil, for frying  
Cilantro, chopped, for serving  
Cheddar cheese, grated, for serving  
Sour cream, for serving

**1 Preheat rice cooker.**  
**2 In a small bowl, mix cumin, chili powder, salt, and ground black pepper.**  
**3 Pour in oil into the rice cooker, and cook onion and garlic.** Add spice mixture and remaining ingredients, except fish. Stir to mix, cover, and cook.  
**4 Generously season fish with salt and ground black pepper.** Set aside.  
**5 When rice finishes cooking, uncover and stir.** Top with fish chunks. Cover, and cook again until fish is opaque and rice is tender. Serve in bowls topped with cheese, cilantro, and sour cream.







*Italian Sausage*  
**AND PESTO PASTA SOUP**

Stir whole basil leaves into the soup for  
a full-flavored meal.

TAKES 30 MINUTES  
MAKES 6 SERVINGS

**RECIPE, PAGE 26**





## HERBED PORK ON WILD RICE

Got pork chops instead of tenderloin? No problem. Any pork cut will work in this easy-to-cook recipe.

TAKES 30 MINUTES  
MAKES 6 SERVINGS

2 pork tenderloins, trimmed  
1 Tbsp. dried Italian herb seasoning  
1/2 c. uncooked brown rice, rinsed  
1/2 c. uncooked red rice, rinsed  
1 small onion, peeled, chopped  
2 cloves garlic, peeled, chopped  
2 tomatoes, chopped  
1 carrot, peeled, chopped  
1 c. sweet corn kernels  
1 beef bouillon cube  
4 c. water  
1 small head broccoli, florets only, cut small  
Salt and ground black pepper, to taste

**1** Generously season the pork tenderloins with Italian herbs, salt, and ground pepper. Set aside.  
**2** In the inner pot of a rice cooker, add the rest of the ingredients, except broccoli. Stir, cover, and turn on rice cooker. Once hot, stir again to dissolve bouillon. Place pork tenderloins on top of rice. Cover, and cook again until pork is cooked through and rice is tender. Add broccoli in the last 5 minutes of cooking.  
**3** Transfer pork to chopping board and slice into medallions. Fluff rice and serve with pork.

## MEXICAN MEATBALL RICE

Prepared meatballs at the meat section of your local supermarket will cook just as well as homemade. Just sub when in a rush.

TAKES 35 MINUTES  
MAKES 6 SERVINGS

1/2 c. panko breadcrumbs  
1 small red onion, finely chopped  
2 cloves garlic, finely chopped  
2 tsp. salt, or to taste  
3 Tbsp. chili con carne seasoning mix  
Cayenne pepper, to taste (optional)  
3 tsp. sun-dried tomato pesto  
1/2 kg. ground beef  
2 Tbsp. butter  
1 c. frozen green peas, thawed

1 1/2 c. uncooked white rice  
1 beef bouillon cube  
2 c. water

**1** In a large bowl, mix panko, onion, garlic, salt, chili con carne mix, cayenne (if using), pesto, and ground beef. Form into 2-inch balls. Set aside.  
**2** In a large sauté pan over medium-high heat, melt butter. Sear meatballs on all sides. No need to cook through. Transfer meatballs to a plate, and set aside. Add peas, rice, and bouillon cube, stirring, to the pan. Pour in water, and bring to a boil. Cover, and let simmer 10 minutes. Place meatballs in the watery rice, cover, and let simmer again until rice is tender and meatballs are cooked through.



## ITALIAN SAUSAGE AND PESTO PASTA SOUP

Use freshly made pesto for a more brightly flavored broth.

TAKES 30 MINUTES  
MAKES 6 SERVINGS

2 Tbsp. oil  
4 Italian sausages, sliced  
1 white onion, peeled, sliced  
1 chicken bouillon cube

1/2 pack (375 grams) uncooked pasta shells  
4 c. water  
6 tsp. prepared pesto  
1 pack (250 grams) frozen edamame, thawed, shelled  
1 handful basil leaves (optional)  
Salt and ground black pepper, to taste

**1** In medium-sized stockpot over medium-high heat, heat the oil, then add sausages. Sauté until browned. Remove from pot, transfer to plate, set aside.

**2** Add onion, and sweat it. Add bouillon and let dissolve in the oil. Add pasta, water, and edamame. Bring to a boil and let simmer 5 minutes. Stir in pesto. Bring to a simmer again, and cook only until pasta is al dente. Season with salt and pepper, to taste. Stir in basil leaves (if using) while dish still hot, and serve.

Frozen edamame (fresh soy beans) are available at the frozen sections of SM Hypermart and S&R.



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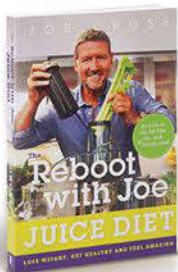
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## KIDDIE BAON RECIPES



### High Five Delight

#### Ingredients:

- 1 Orange, peeled
- 1 Cucumber
- ½ Bunch Native Spinach
- 1/2 Pineapple, skin removed
- 1 Carrots

Yield: 2 glasses (8oz each)

#### Health Benefits:

1. Helps boost the immune system
2. Helps promote healthy vision.
3. Good for the heart.
4. Refreshing to the body.
5. Helps promote proper digestion.

### Kiddie Cooler

#### Ingredients:

- ¼ Watermelon
- 1 Cucumber
- 1/2 Pineapple

Yield: 2 glasses (8oz each)

#### Health Benefits:

1. Provides cooling effect to the body.
2. Helps promote proper digestion.
3. Good for the heart.
4. Promotes healthy teeth & gums.
5. Provides anti-inflammatory support

Fresh juicing is a sure way for your kids to get their 5-a-day or more servings of fruits and vegetables.

### TIP!

Here are some tips to including fresh juice in your kids' lunch box:

1. Fill container to the brim
2. Keep it cold always.
3. Use an air-tight sealed container.

For more recipes log on to  
[www.foodthinkers.com.ph](http://www.foodthinkers.com.ph)



# kitchen GUIDE

To the latest kitchenware  
and foodie finds

## IT'S PAN-TASTIC!

Induction stoves are becoming more mainstream, but this modern stove requires a special kind of cookware. If you're thinking of switching to this sleek, modern cooking range, check your pots and pans for compatibility: simply use a magnet and place it on the bottom of your cookware. If it sticks, you're good to go.

If none of them are magnetic, you'll have to check out induction-ready pots and pans, like this set from Chef's Classics. Each one is made from cold-forged aluminum, ensuring even heat distribution over its surface, and coated with PFOA-free Teflon so no food sticks while cooking.

*Chef's Classics Melissa 7-piece cookware set costs P5,699.75 and is available in leading department stores nationwide.*



use for  
perfect steaks



## THE VERSATILE *grilling machine*

Who said a panini press is only for grilling sandwiches? A double-sided grilling machine can do more than just toast your sandwich at merienda time.

Prepare your favorite barbecued chicken breast recipe, and watch it cook two times faster on a panini maker (like this one from Russell Hobbs) than it would on a traditional grill. Place some squash on the press to "roast" it and boost the flavors of your smooth, creamy kalabasa soup. Best of all, you can grill a steak until both sides have been perfectly seared to your desired doneness.

*The Russell Hobbs panini maker (P5,195) is available at Anson's and all leading department stores nationwide. Visit [facebook.com/RussellHobbsph](https://facebook.com/RussellHobbsph) for more information.*

## THE PERFECT *pairing*

It's not just about donuts for J.Co. The donut chain is also well-known for good coffee. So the next time you drop by, check out its signature brew, the Jcoccino (P115), J.Co's cappuccino made from a special blend of coffee beans. It has an ice-blended version called the Jcoccino Frappe (P135). It also offers unique avocado frappes: the Cappuccino Avocado (P120), an icy mix of avocado and coffee, and the Café Avocado (P120), a creamy avocado frappe with a dark chocolate swirl. These great coffee concoctions go well with donuts.

*J.Co has branches nationwide. Visit [facebook.com/J.COPhilis](https://facebook.com/J.COPhilis) and [jcodonuts.com](https://jcodonuts.com) for a list of branches.*







## THE LONGER-LASTING REF

Take a look inside the latest refrigerator from Midea, and you'll find that it not only looks elegant and classic, but it is also spacious enough to keep your kitchen stocked for a long time. According to the manufacturer, this French-door refrigerator uses a combination of high-moisture retention technology and ultraviolet light to keep food fresh longer. And the light? It claims to remove pesticides and promote photosynthesis. As an added bonus, it runs on a turbo inverter, making it energy-efficient and, in the long run, budget-friendly.

*The Midea French Door refrigerator (price available upon request) is available at Western Appliances, Saver's Appliance Depot, Abenson, CW Home Depot, and ConcepTrade. Call (632) 850-9888 or visit [facebook.com/MideaPhilippines](https://facebook.com/MideaPhilippines) and [midea.com.ph](http://midea.com.ph) for more information.*



## MORE THAN JUST PANCAKES AT IHOP

IHOP expands its Pinoy breakfast menu with three new dishes: corned beef hash (P275) served with IHOP's famous hash browns instead of cubed potatoes; daing na bangus or breakfast bangus (P295), a perfectly marinated (and meaty!) bangus half; and longganisa scramble (P250), eggs scrambled with chunks of longganisa, green bell peppers, and onions. All come with garlic fried rice. The corned beef and bangus also come with two eggs cooked to your liking. These should prove that IHOP has more to offer than just good pancakes.

*IHOP has branches in Bonifacio Global City, UP Town Center, SM Mall of Asia, Century City Mall, Filinvest City Alabang, and the Araneta Center. Call (632) 808-9589 or visit [facebook.com/IHOPPhilippines](https://facebook.com/IHOPPhilippines), Twitter and Instagram: @ihop\_ph.*

## A MULTITASKING OVEN FOR THE BUSY MOM

What oven can claim it can microwave, grill, fry, roast, and ferment yogurt? The Samsung Smart Oven can. This microwave-slash-oven has 10 pre-programmed functions, including a Slim Fry function, which fries without added oil by circulating the heat from the hot grill. It even provides a stand and microwave-ready pan so you can roast a chicken as well as grill pork ribs. It's that hot! Plus, it even has a low-enough heat setting to proof bread dough, as well as to culture yogurt, or warm up food just right.



*The Samsung Smart Oven (P13,995) is available at Anson's Binondo, Salazar corner Ongpin Streets, Manila (632) 243-2092 and Abenson online ([abenson.com.ph](http://abenson.com.ph)). Visit [samsung.com/ph](http://samsung.com/ph) and [facebook.com/SamsungPH](https://facebook.com/SamsungPH) for more information.*





## A FRESH-SMELLING FRIDGE

Go beyond using a box of baking soda to absorb smells in your ref. The Fridge Buddy not only absorbs smells, it also absorbs ethylene gas and excess moisture. (Ethylene gas promotes ripening, which accelerates rotting in fresh produce, while excess moisture encourages mold, mildew, and bacteria growth.) It's also non-toxic, recyclable, and all-natural—since it's made of guerite, a mineral capable of absorbing and discharging moisture. Simply activate the guerite by heating it in the microwave. No more smells!

Fridge Buddy (P1,299) is available through orders, with free shipping, online via [facebook.com/pages/Fridge-Buddy-Philippines](https://facebook.com/pages/Fridge-Buddy-Philippines).



## A BETTER BREW AT HOME

How do you choose the right coffee machine? Is it something that should be attractive enough to be worthy of counter space? Or something that's easy to use? In the case of Rowenta Silver Art Espresso Maker, you may not have to sacrifice one for the other. With its shiny stainless steel and wood accent, it is striking enough to be left on your countertop. And it makes a mean cup of espresso as well. With added features like an ejector button for the tamper and a multi-directional steam

nozzle for frothing milk, your very own coffee machine will have you rethinking that daily, overpriced cup of coffee-shop java.

Rowenta's Silver Art Espresso Maker RW3ES4600 (P15,450) is available in Rustan's; SM Appliance Center in Rockwell, Megamall, Makati, and North Edsa; and Anson's in Makati, Trinoma, and Alabang Town Center.



## A LIGHTWEIGHT HEAVY-DUTY COOKING POT

You read that right. No more heavy lifting in the kitchen with this pot that is lightweight yet durable, made from heavy-duty cast aluminum. Called the Beka Cook' On, it has a ceramic coating, making it nonstick. And since it's made with aluminum (a better heat conductor than stainless steel), it offers even-heat distribution and better searing capabilities. Plus, with Beka Cook' On, you can slow cook and simmer dishes that react to cast iron, like tomato-based stews and family favorites kaldereta and menudo. As an added feature, each pot comes with detachable silicon handles that fit perfectly over the handles—no pot holders required!

Beka Cook' On in 28cm Round Black Casserole (P7,450), with lid, is exclusively distributed by Rustan Marketing Corporation. It is available in leading department stores nationwide.



# Daily Healthy Choices THAT MATTER

Do away with diets and simply switch to a smarter lifestyle.

## Start with Salads

Whether you're eating out or packing your own lunch, make it a point to start your meal with a salad. Not only does it help you meet your daily requirement for fresh, leafy greens, it is also an effective tool in decreasing calorie intake. Just remember to stay away from high-calorie dressings and toppings.



Make salad prep time fuss-free using the Tupperware Salad Kit.

## Try DIY Desserts

There's no better way to make sure your after-meal sweets are preservative-free than to make them yourself. You don't have to work so hard, too! Try making your own ice cream at home.



Keep your drinks and desserts chilled for up to six hours in the Tupperware Magic Flask.

## Liven Up Salads

Drizzle some honey or sprinkle nuts and cheese on top—anything to make eating your greens exciting. These give color and texture, but more importantly, they add to the nutritional value of each serving!

## Stay Hydrated

If you brought your own water bottle everywhere, you wouldn't have to be reminded to drink water to stay hydrated. Water helps maintain the balance of your body fluids, which are important for digestion, circulation, and the absorption of nutrients.

## Sip a Smoothie

Get your much-needed dose of fresh fruits and vegetables by whipping up a smoothie before you head out in the morning. Experiment with your own combination and add yogurt or milk for a richer taste, or honey for a hint of sweetness.



Serve your salad in style with these Tupperware Salad Bowls.



Keep hydrated throughout the day with these Tupperware 1L Eco Bottles.

Take your lunch out in these Tupperware 1L Divided Lunch Boxes.



## Bring Your Own Baon

Make it a habit to pack your own lunch instead of eating takeout food. With proper menu planning, your *baon* will surely pack in more nutrients than a meal drenched in oil and filled with preservatives.

## THE HEALTHY CYCLE

Diets come and go, and their effects don't always last very long. Set yourself free from these fads that leave you hungry – and oftentimes, guilty! Instead, choose to follow the cycle of healthy living, with these 4 easy steps:

- Eat better. Make smart choices when it comes to meal intake. Some tips: eat on time, go for fresh veggies and fruits, and as much as possible, cook your own food.
- Think positive. Stay stress-free by focusing only on good thoughts. Before tackling a problem, remember to take a deep breath and take things one step at a time.
- Feel good. Be confident whether at home or at work, and always believe that while it's impossible to do it all, there is at least one thing you can do to make a difference.
- Exercise regularly. Clear your calendar for an hour at the gym, or, if your schedule is tight, simply take the stairs instead of the elevator, or walk the remaining block to your office. Exercise is not just a weight-loss strategy but also a mood-boosting tactic!

# Tupperware®

Visit Tupperware Brands Philippines website at [www.tupperwarebrands.ph](http://www.tupperwarebrands.ph). Like us on Facebook [www.facebook.com/tupperwarebrands.ph](https://www.facebook.com/tupperwarebrands.ph) and Follow us on Instagram @TupperwarePhils





Your oven's rack can double as a cooling rack. Just pull out, and set on a kitchen towel to cool.

# 10 GREAT BAKING *tools*

1

## 1 KITCHEN TIMER

Keep your cakes from turning into an overbaked mess with this nifty gadget.

Now Designs kitchen timer, P495, Rustan's Makati 4/L, (632) 813-3739, rustans.com.ph

2

## 2 SPATULAS

Whether straight or offset, a spatula can lift cookies from a baking sheet, as well as frost cakes and cupcakes.

Ateco offset spatulas with wooden handles, P285 in small, Sweetcraft Baking and Confectionary Supplies, 373 Boni Avenue, Mandaluyong, (632) 571-7858; P419.75 in medium, The Landmark Makati 3/L, (632) 810-9990, landmark.com.ph

3

## 3 COOLING RACK

No matter what you bake, you'll need something to ensure that it cools properly, from top to bottom.

Cooling rack, P359 small, Cooks Exchange, SM Megamall Bldg. A UG/L, (632) 634-4325, cooks-exchange.com

4

## 4 SPRINGFORM CAKE PAN

Once you go springform, you'll never use another type of cake pan again, especially if you've baked cakes that stubbornly stick to the pan.

Norpro 9-inch springform pan, P875, Cooks Exchange

5

6

## 5 WHISK

Nothing beats an old-school handheld whisk for stovetop whisking. This silicone-coated one even lets you scrape the sides.

Kitchen Craft silicone whisk in yellow, P895, Rustan's Makati



7

8

9

Silicone spoons make a great substitute for wooden ones. Plus, they scrape the bowl better.

Keep brown sugar well-sealed to prevent it from becoming hard.

10

## 6 PARCHMENT PAPER

So versatile! Use as cupcake liners, an ingredient funnel, or turn into an icing bag. Plus, it ensures that your cakes easily release from the pan.

*Baking Divas natural parchment paper, P145, Sweetcraft; Glad Cook 'n' Bake white parchment paper under blue bowl (top right), P79.75, SM Hypermarket, SM Bicutan, Bldg. B UG/L*

## 7 ICE CREAM SCOOP

It does more than scoop ice cream! Also known as a disher, this handy tool transfers perfectly portioned dough and batter from the mixing bowl to cookie sheets and cupcake liners.

*Disher large, P150, MK Kitchen, Pioneer Avenue Mandaluyong, (632) 638-8815, (632) 633-3845, (63917) 554-5072*

## 8 MEASURING SPOONS AND CUPS

Be exact with your measurements (both wet and dry), and the chocolate cake you bake will come out perfect every time.

*Joseph Joseph measuring cups, P950; Oneida measuring spoons, P675; both from Rustan's Makati*

## 9 SILICONE SPATULAS

While the wooden spoon is the perfect mixing utensil, it can't compete with this tool when it comes to scraping every last bit of cake batter into a pan.

*Island Bamboo silicone spatula and spoon in red, P795 each; silicone spoon in green, P525, Rustan's Makati*

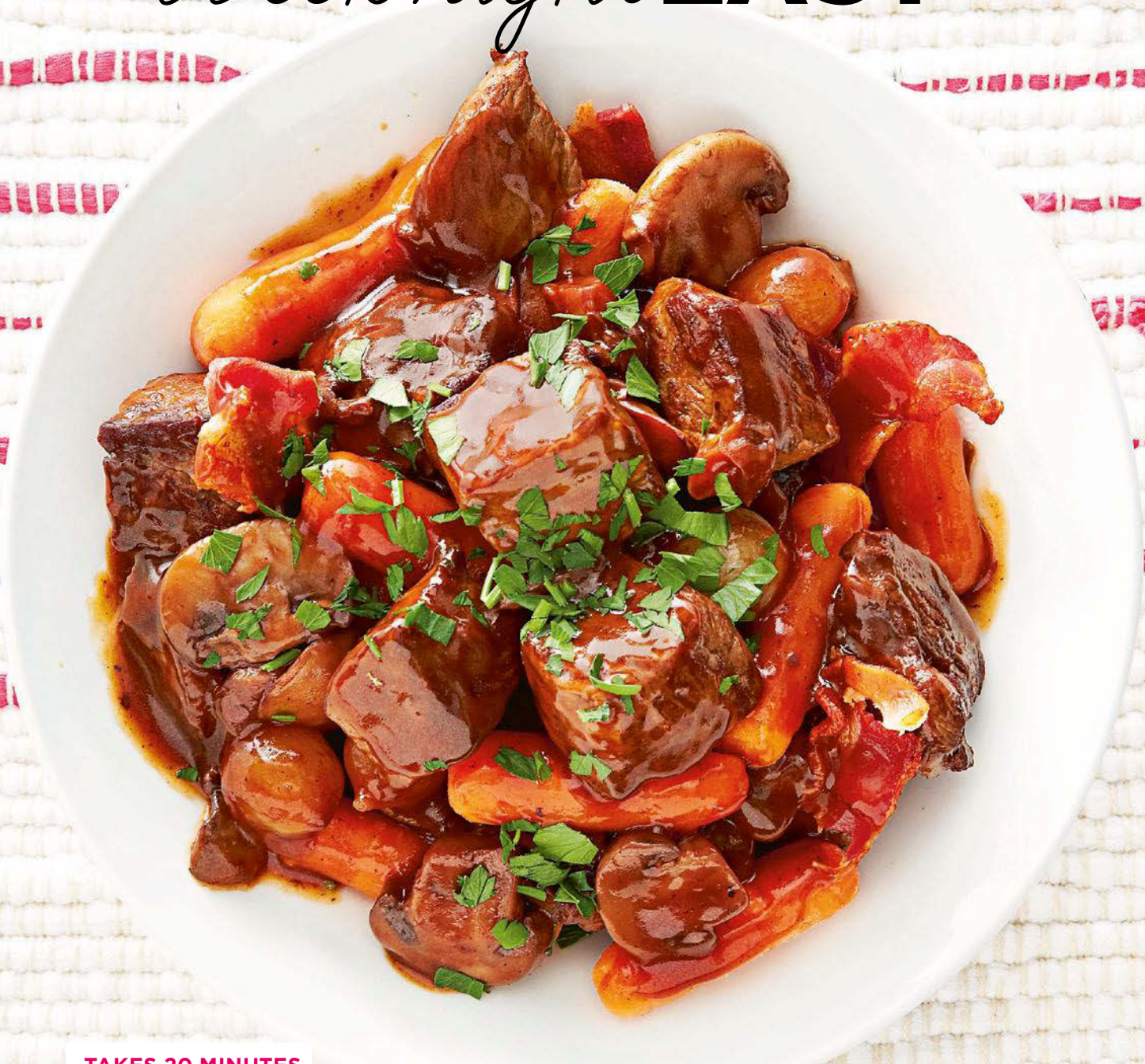
## 10 MIXING BOWLS

The more, the better. "Mise en place," which means "put in place" in French, is even more important because substitutions can make or break your recipe, so get your ingredients out and accounted for before you begin creaming.

*Joseph Joseph mixing bowls, P2,420, Rustan's Makati*



# Weeknight **EASY**



**TAKES 20 MINUTES**

## BEEF AND MUSHROOM BURGUNDY

**DIRECTIONS:** In large saucepot on medium-high, cook 3 strips **bacon** 5 minutes or until crisp; transfer to plate. To pot, add 1/2 kg. **beef tenderloin**, cut into 1-inch cubes, and 1/4 tsp. **salt**. Cook 6 min. or until browned all over. Transfer to plate. Meanwhile, in covered bowl, microwave 2 c. **baby carrots** and 1 Tbsp. **water** 4 minutes on high; drain. Add to pot along with 1/2 kg. sliced **mushrooms**; 2 (200-gram) jars **pearl onions**, drained; and 2 Tbsp. **tomato paste**. Cook 4 minutes. Stir in 1 1/2 c. **dry red wine**; cook 5 min. Whisk 1 c. **beef broth** with 2 Tbsp. **cornstarch**; stir into pot. Heat to simmering. Return into the pot the beef and bacon, crumbled. Top with chopped **parsley**. Serve with bread. **Serves 6.**

Photographs by Emily Kate Roemer. Food styling by Sherry Rujikarn.





Spaghetti  
Upgrade

TAKES 20 MINUTES

## PARMESAN AND SAUSAGE BOLOGNESE

**DIRECTIONS:** In large skillet on medium-high, cook 1/3 kg. **spicy Italian sausage**, casings removed, 5 minutes or until browned, breaking up meat with spoon. With slotted spoon, transfer sausage to bowl. Discard all but 1 Tbsp. fat in skillet. Return sausage to skillet along with **3 cloves garlic**, pressed. Cook 30 seconds. Stir in 2 Tbsp. **tomato paste** and cook 2 minutes. Then stir in 1 (800-gram) can **crushed tomatoes**, 1 Tbsp. **red wine vinegar**, and 1/2 tsp. **salt**. Heat to simmering. Cook 7 min. or until thickened slightly. Stir in 1/2 c. finely grated **Parmesan cheese** and 1/4 c. **heavy cream**. Serve over 400 g. cooked **rigatoni** with more Parmesan cheese, if desired. **Serves 6.**



Easy Morning  
Preparation



TAKES 20 MINUTES

## SLOW COOKER SESAME-GARLIC CHICKEN

**DIRECTIONS:** In small bowl, whisk 1/3 c. each rice **wine** (or mirin), **soy sauce**, **toasted sesame oil**, and 1 Tbsp. **brown sugar**. In 6-quart slow-cooker bowl, layer 1 kg. skinless, boneless **chicken breasts**; soy mixture; 8 cloves peeled **garlic**; and 1-inch piece fresh **ginger**, sliced into thin coins. Cover bowl with lid and cook 5 to 6 hours on low until chicken is tender. Transfer chicken to cutting board; shred and return to slow-cooker bowl. Serve chicken mixture with 4 c. cooked **white rice**, warmed, and 1/2 kg. **broccoli florets**, steamed. Garnish with sliced **green onions** and **red chiles**. Serves 6.





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IN GOOD CONDITION.**

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70% Less Calorie\*

\*compared to other regular powdered drink mixes



Makes 1 Liter  
Net Wt. 30g (1.06oz)  
Instant Drink Mix



INSPIRING



20



ENGAGING



IGNITING



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FUELING YOUR  
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A photograph of a person's legs from the knees down, standing on a white digital scale. The person's feet are positioned on the scale's platform. The background is a light, neutral color. The title 'your BODY' is overlaid on the top of the image, with 'your' in a script font and 'BODY' in a bold, sans-serif font.

# *your* BODY

PROTECT YOUR HEART • DROP 5 LBS • BEAT FATIGUE • HEALTH NEWS

## *Step up* **YOUR WEIGHT LOSS**

**IF YOU WANT TO SLIP BACK INTO SKINNY JEANS, HOP ON** the scale more often. A Cornell University study published in 2014 found that when overweight people avoided weigh-ins for more than a week, they put on pounds. If they kept tabs at least weekly, they maintained their weight or lost a bit. That's likely because regular

check-ins remind you of the connection between your actions (seconds, anyone?) and your waistline. For accurate tracking, weigh yourself at the same time each week; most people are heaviest on Monday (due to weekend splurges) and lightest on Friday, which is—what a coincidence!—our suggested weigh-in day.



Show your heart some TLC by adopting healthy habits.



Bad habit: for many, work time is now all the time.

#### MAKE IT A HABIT

#### WEEKNIGHT WORK DETOX

Recent research confirms what every working mom already knows: checking office e-mail from home can raise your overall stress levels! So how can you relax in your off hours and obey the urge (or order) to peek at messages?

Try our after-work plan.

**STEP 1:** Change your clothes when you get home, even if you're already comfortable. It cues your brain to switch to leisure mode.

**STEP 2:** Schedule work (say, at 8 p.m. for 30 minutes) and disconnect until then, suggests psychology researcher Larissa Barber Ph.D., of Northern Illinois University.

**STEP 3:** Call a friend instead of watching TV. This actively focuses your attention on something fun and lets you forget about those reports. Don't you feel better already?

## new KEYS TO HEART HEALTH

**Skip your cardio**—and try yoga instead. According to a 2014 study published in the *European Journal of Preventive Cardiology*, sun salutations, downward dogs, and, yes, savasanas (a.k.a. just lying there)—all this lower blood pressure and cholesterol just as well as traditional cardio (e.g., biking and jogging) does. Aim for a session at least once a week.

#### Order whole-grain toast.

A study in *JAMA Internal Medicine*, published this year, found that consuming a slice of whole-grain bread daily could lower the risk of dying from cardiovascular disease by nine percent. That's probably because whole grains help keep blood sugar steady, and refined grains (white bread) do the opposite.

**Party on!** News we can really use: Women who had a drink each day (and no more than that) were 16 percent less likely to develop heart failure than those who abstained from alcohol altogether, reports a 24-year study published in the *European Heart Journal* early this year. One mojito, coming right up!

## The ultimate feel-good bone booster

If you're happy and you know it, then your bones—yes, your bones—will surely show it. A 2014 study published in *Psychosomatic Medicine* found that older women with the most “life satisfaction” also had the highest bone density. One likely reason: Depression and anxiety do not do a body good; both can lead to high levels of cortisol, which may promote bone deterioration. Bone density starts to decrease at age 35, so it's never too early to get your smile on.



DROP

5 lbs.

TIPS AND TRICKS  
TO TRY TODAY

## THE PERKS OF ONLINE DIETING

When it comes to taking the extra pounds off, it seems that the tech-savvy have an advantage. According to a Northwestern University study published earlier this year, online dieters—those who logged on regularly to weight-loss apps and even made friends with fellow enthusiasts—lost more than eight percent of their body weight in half a year, more than those who had zero or less interaction. The virtual support is key; researchers found that being connected to others who are on the same journey kept dieters engaged and motivated.

Text by Elaine Natividad Reyes ("the perks of online dieting," "low-carb or low-fat?"); from U.S. Good Housekeeping ("the weight-loss sandwich").  
Photographs by Getty Images (woman); from U.S. Good Housekeeping (iPhone, sandwiches).



## THE WEIGHT-LOSS SANDWICH

Who eats something this big and delicious while counting calories? You do! Make it today for a slimmer tomorrow.

### PICK YOUR SUPER GRAIN BREAD

Go for 100 percent whole-grain with at least 3 grams of fiber per serving. The first ingredient should say "whole-grain," not "enriched wheat flour." (The latter is white bread in disguise!—Yep, even if it's labeled "wheat bread.")

### CHOOSE YOUR LEAN PROTEIN

Layer on 3 oz. skinless rotisserie chicken, grilled salmon, or tofu; 1/2 can water-packed tuna; or 2 hard-boiled eggs (fried in nonstick spray is okay, too).

### BONUS: FLAVOR WITH SUPER SPICES

Season with 2 Tbsp. Dijon mustard, salsa, or a paste of roasted veggies to boost taste without racking up calories. Enjoy!

### MAKE VEGGIES THE STAR

Pile on dark, leafy greens (higher in B vitamins and minerals than butter lettuce) and fresh or grilled veggies such as tomato, cucumber, onion, mushrooms, sprouts, zucchini, peppers, and eggplant.

### ADD SOME HEALTHY FAT

Swap mayo for 2 Tbsp. hummus, 1/4 avocado or cheese—choose between 1 slice mozzarella, 1/4 c. ricotta, or 2 Tbsp. feta or goat cheese, which are all better bets. (Option: cut the servings in half and enjoy both cheese and hummus or avocado.)

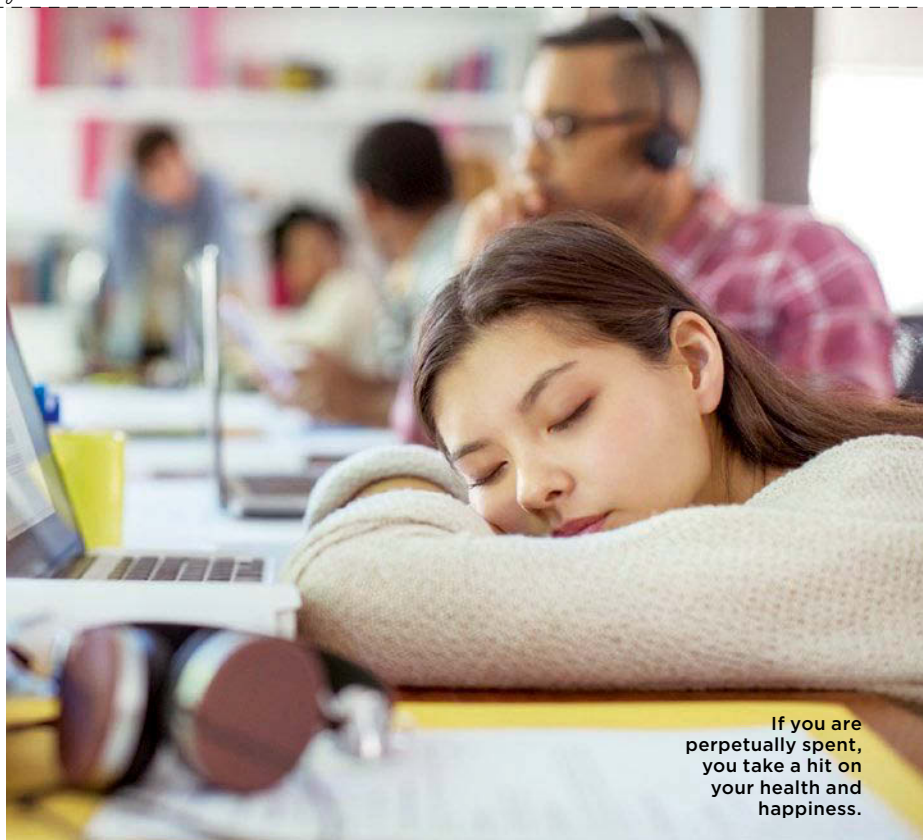
SO GOOD  
FOR YOU!

## LOW-CARB OR LOW-FAT?

Hold the pasta—it seems that consuming less carbs is better for weight loss. A 2014 study published in *Annals of Internal Medicine* found that when people followed either a low-carb or a low-fat diet for one year, those who scrimped on carbs lost significantly more weight than those who reduced their fat consumption. The low-carb dieters also had higher increases of the "good" HDL cholesterol and had a lower risk of heart disease, in spite of the fact that they ate more than 40 percent of their daily calories in fat.







If you are  
perpetually spent,  
you take a hit on  
your health and  
happiness.

# WHY ARE WE SO TIRED?

If you're too frazzled to manage your daily chores, or find it hard to stay awake for your favorite teleserye—then you must be exhausted. Here are some common causes of fatigue and their solutions.

**IF YOU'RE LIKE MOST WOMEN** balancing career and family life, you squeeze in as many tasks as possible in 24 hours. So you: make breakfast, send kids to school, go to work, have lunch with friends, work out in the gym, dine with hubby, help kids with homework, take a bath, get some sleep, and repeat.

If you wake up exhausted—you think that's normal. Sadly, this has become the modern-day woman's attitude towards rest. She has come to accept that feeling tired is normal. The condition is so pervasive, experts in the U.S. have even coined a term for it: "exhaustion acceptance."

The top culprit behind the new normal? This generation's glorification of busyness: they treat all-nighters and chronic stress like badges of honor, and they succumb to societal pressure and attempt to do everything (with many moms feeling guilty when they can't be at the top of their game at home and in the office). What's worse is they've come to accept exhaustion, not realizing they're actually *exhausted*.

The good news is: it's possible to outsmart relentless fatigue. As with most health conditions, prevention is better than cure. So watch out for these red flags and sneaky energy suckers, and deal with fatigue once and for all.



## **THE CAUSE:** The food you eat **WHY IT'S MAKING YOU**

### **TIRED:**

"Food plays a major role in providing energy to your body," says Faith G. Nacional R.N.D., registered nutritionist-dietician and section manager of the Weight Management Center at St. Luke's Medical Center-Global City. "A diet that's low in nutrients or one that's mostly composed of junk food, sweets, and processed foods cannot sustain your body's normal functions," she adds. The result? Tiredness, and a general lack of energy.

**THE RX:** Never skip breakfast, so you don't mess with your metabolism or set yourself up for exhaustion later in the day. A good energy-revving morning meal includes at least 20 grams of protein and some healthy fat. Try peanut butter on whole grain toast or low-fat yogurt mixed with a handful of almonds. "It's also recommended to eat five small meals a day, with three to four hours in between each food intake. This way, you prevent your energy from flagging," says Nacional.



## **THE CAUSE:** Dehydration **WHY IT'S MAKING YOU**

### **TIRED:**

"Water helps regulate your body temperature and is part of your cellular structure. Lack of water in your system leads to electrolyte imbalance, which may affect your muscular movement," says Nacional. Dehydration can also cause you to feel mentally sluggish and affect your concentration.

**THE RX:** "While your recommended daily water intake depends on your weight, type of activity, and overall health, the adequate intake level for women is 2.2 liters," says Nacional. This is roughly equivalent to nine cups. "Natural juices can be added to your intake, but they shouldn't replace water in your diet," she adds.



## **THE CAUSE:**

### Vitamin D deficiency

## **WHY IT'S MAKING YOU**

**TIRED:** "Studies show that lack of Vitamin D can sap bone strength; it is also linked to muscle weakness and



tiredness," says Michael Lim Villa M.D., endocrinologist and head of the Diabetes, Thyroid, and Endocrine Center at St. Luke's Medical Center-Global City. "In recent years, the number of patients with Vitamin D deficiency is rising, simply because people are avoiding the sun and spending more time indoors," he adds. Remember, sun exposure helps the skin produce the Vitamin D it needs to build bones, fight inflammation, and bolster the immune system.

**THE RX:** "Spend safe, smart, and limited sunscreen-free time under the sun," says Dr. Villa. This translates to 15 to 30 minutes, two to four times a week. This doesn't mean you should forget your SPF all together—just think of the sun as medicine at its lowest dose. He adds, "Your doctor can also recommend the right Vitamin D supplement for you."



**THE CAUSE:** The amount of exercise  
**WHY IT'S MAKING YOU TIRED:** "Overtraining

or not giving your body enough time to rest and recover leads to poor performance—in and out of the gym. There is also a feeling of being worn out," says Rachel Rose Orteza-del Rosario M.D., cardiologist and visiting consultant at The Medical City. "Lack of exercise, on the other hand, reduces your endurance and strength, making even light chores difficult to accomplish," she adds.

**THE RX:** If you're a workout newbie, Dr. Orteza-del Rosario recommends that you start with a slow and light regimen, then gradually build up by increasing intensity and duration. "Light to moderate exercises like brisk walking, bicycling, dancing, and recreational badminton, done three to five times a week, can help boost your energy and endurance," she says. An exercise junkie? "Include rest days in your routine, especially after resistance and high-intensity training. Remember to stick to a balanced diet and to stay hydrated to fuel your body during exercise."



**THE CAUSE:** Iron deficiency  
**WHY IT'S MAKING YOU TIRED:** "A significantly

low level of iron affects the oxygen-carrying capacity of your red blood cells. This can cause fatigue—noticeable in daily activities—because not enough oxygen may reach your muscles," explains cardiologist Orteza-del Rosario.

**THE RX:** "Women should load up on foods rich in iron, like meat and dark leafy greens, especially during their period, to help curb iron-deficiency anemia," she says. If you're feeling sluggish, consult your doctor for proper diagnosis and treatment.



**THE CAUSE:** Lack of sleep  
**WHY IT'S MAKING YOU TIRED:** Conventional

wisdom dictates that not getting enough rest results in feeling tired and lethargic. Lack of sleep also causes serious health problems. "It can, in the short-term, cloud your judgment, cause problems in cognition, memory, and result in high blood pressure," says Michael Alexius Sarte M.D., consultant director of the Center for Snoring and Sleep Disorders at The Medical City. Go too long without enough zzzs and irreversible neurological problems that hurt your memory and understanding set in. "You

# 7 Reasons Why Pharex B-Complex is Good for You

Experiencing *pamamanhid* and *pangangalay*? These symptoms may point to damaged nerves, hence the need for a Vitamin B-Complex supplement that is vital in the repair of nerve damage and in maintaining nerves healthy. Read on to find out why PHAREX B-Complex should be your top choice.

**1 PHAREX B-complex contains a sufficient amount of three important B vitamins.**

These are Vitamin B1 or Thiamine, essential for the functioning of the nervous system; Vitamin B6 or Pyridoxine, required for the formation of neurotransmitters and myelin sheath and Vitamin B12 or Cyanocobalamin, critical in maintaining nerve cells healthy and the formation of blood.

**2 YOUR NERVES RECEIVE PROPER PROTECTION WITH A HEALTHY DOSE OF VITAMIN B-COMPLEX.**

The body needs vitamin B complex that will nourish the nerves and create health in each individual nerve. When damaged, nerves are repaired and restored to normal function with the help of PHAREX B-COMPLEX.

**3**

**Numbness is addressed with Pharex B-complex.**

PHAREX B-Complex helps resolve the problem of *pamamanhid* when nerves experience damage, irritation, or pressure, and lose their ability to transmit information back to the brain.

**4 You can finally say goodbye to pangangalay.**

This occurs when the outer protective covering (myelin sheath) of the nerve gets damaged. As it gets worse, the nerves start sending false signals resulting in symptoms of pain or tingling. PHAREX B-Complex prevents this problem by regenerating damaged nerves.

**5 Stress is greatly reduced, while your body becomes more energized.**

The 3 B Vitamins contained in PHAREX B-complex are involved in energy production and metabolism, helping reduce stress by providing you the energy you need to go about your daily activities.

**6 Reasonably safe to use.**

PHAREX B-Complex is an over-the-counter drug that's relatively safe to use for most people if taken within the prescribed limits and with proper use. Ask your health care provider to help you determine the right dose for you.

**7** Pharex is the premium brand of Vitamin B-Complex.

PHAREX B-Complex is manufactured by Pascual Laboratories, the second largest Filipino pharmaceutical company. Its B1, B6, and B12 (Quali B vitamins) contents are obtained from DSM, one of the world's most well respected sources of vitamins based in Europe. DSM's advantage lies in the consistent quality of its products, passing stringent regulations both here and abroad.

**PHAREX® B-COMPLEX**  
**Vitamin B<sub>1</sub> + B<sub>6</sub> + B<sub>12</sub>**



Sleeplessness making you lethargic? Set a fixed sleep routine and really stick to it.



can become more sickly because your immune system is suffering or you can develop permanent hypertension.”

**THE RX:** Log in six to seven hours of shut-eye every night. “The best way to get good sleep is to have a fixed routine. When you set your wake-up time, the sleep-onset time follows,” explains Dr. Sarte.



**THE CAUSE:** Diabetes  
**WHY IT'S MAKING YOU TIRED:**

“Your body needs insulin to transport the sugar in your bloodstream to your cells. For most diabetic patients, however, they lack insulin, so although the sugar is present in their blood, it just bounces off the cells. This means that sugar, which you need for energy, is not metabolized and utilized efficiently by your body,” explains endocrinologist Villa of St. Luke’s Medical Center-Global City. “Also, when your blood sugar is high, you become dehydrated.” The result? A general feeling of tiredness.

**THE RX:** Women who are overweight, lead a sedentary lifestyle, or had gestational diabetes have a higher risk of developing Type 2 diabetes. To prevent this, Dr. Villa suggests simple lifestyle changes. First, follow a balanced diet. “We recommend the plate method. Always think that there’s a line down the middle of your dinner plate, with the upper half divided in two—that makes three sections. The largest section should be filled with veggies, one small section is for your meat or meat substitute, and the last section is for your starch like rice, whole grain bread, beans, potatoes, or sweet potatoes,” the doctor explains. Complete your meal with a slice of fruit and an 8-ounce glass of low-fat milk.”

He adds, “And don’t forget to include at least thirty minutes of physical activity a day. This can be as simple as taking the stairs instead of the elevator, or parking far from your office building, so you can walk more.”



**THE CAUSE:** Thyroid disorder  
**WHY IT'S MAKING YOU TIRED:**

Your thyroid secretes hormones that regulate growth, development, and rate of metabolism. When your thyroid is out of sync, it can cause health problems. “When you have hypothyroidism, the hormones that your body produces are not enough to sustain your metabolism. This results in getting tired easily, a slower heartbeat, and slower digestion,” says Dr. Villa. “On the other hand, if you have hyperthyroidism, your metabolism is too fast, making your cells work on hyperdrive, leaving you feeling exhausted.”

**THE RX:** Iodine deficiency is one of the most common causes of thyroid disorder. It can, however, be easily curbed by proper nutrition. Says Dr. Villa, “Make sure your diet includes foods rich in iodine, like seafood, milk, cheese, and dairy products. And remember to use iodized salt.”



**THE CAUSE:**  
**WHY IT'S MAKING YOU TIRED:**

“Heart disease affects the normal blood supply and oxygenation needed to carry out your usual activities. Warning signs that may indicate a heart problem and can cause fatigue include pain or pressure in the chest area, shortness of breath, irregular heartbeat, or cold sweats,” says cardiologist Orteza-del Rosario of The

Medical City. Schedule a checkup with your M.D. when you experience any of these symptoms.

**THE RX:** “Proper diet and regular exercise are your best bets to sidestepping hypertension, diabetes, and increased cholesterol,” says Dr. Orteza-del Rosario. “Quitting smoking and managing your stress levels will also help reduce your risk for a heart attack.”



**THE CAUSE:** Your gadgets  
**WHY THEY'RE MAKING YOU TIRED:**

“Many of us are photosensitive, so the light from your TV will make your body think it is still daylight,” writes Frank Lipman M.D., integrative medicine specialist and author of *Spent: Stop Feeling Spent and Start Living Again*. He says spending time with electronics on, especially at night, will keep you awake. The same is true for your phone and tablet—the light and noise they make, together with the distraction they cause, do nothing to help your brain release melatonin, the hormone that helps regulate your sleep-wake cycle.

**THE RX:** Power off your gadgets before bedtime, and take this piece of advice from Dr. Lipman, “The first rule for better sleep is don’t watch TV in bed. Don’t use your bed for anything other than sleep or sex.”



**THE CAUSE:** Depression  
**WHY IT'S MAKING YOU TIRED:**

“Sadness is a natural, human response, whereas clinical depression is abnormal and pathological,” explains Rene Samaniego M.D., a psychiatrist who specializes in psychosomatic medicine and cognitive behavior therapy. Depression is caused by biological or psychological triggers or both. Most depressives have a chemical imbalance in their brain, causing a drop in serotonin levels, the chemical involved in sleep patterns, emotions, and memory. This affects a person’s ability to cope with daily life, making it easy to confuse it with fatigue.

**THE RX:** Consulting a health care professional is your best line of defense. Doctors recommend medication and psychotherapy. “Being aware of your thoughts and learning to change destructive patterns of thinking can alter the way the brain works and your reaction to situations,” says Dr. Samaniego, a consultant psychiatrist at the Makati Medical Center. Equally important, surround yourself with family and friends who can understand your situation and offer constructive support.



# Para sa #1 idol ng buhay ko

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# How I finally... became a vegan

Plagued with physical and emotional ailments, Asha Peri decided to start making wiser, more mindful choices when it came to food.

**A**sha Peri knows all too well about making unhealthy food choices day after day. “Before I turned vegetarian, I felt that I was living a life where I wasted a lot of my energy processing junk food and junk emotions,” recalls the raw-food chef and instructor, who turns 41 in August. “I hardly ate vegetables because I didn’t like the taste, and instead, I embraced the comfort of life-depleting food that made me sleepy most of the time.”

During this period in Asha’s life, her father was bedridden, exacerbating her own health and emotional issues. “For many years, food that was high-salt, high-sugar, and high-fat gave me the emotional comfort that I felt I needed,” she says. “In effect, I suffered from many health issues and found it hard to recover from illness.”

She rattles off the problems she had to deal with: emotions always on haywire, insomnia, low energy, and skin problems. “I hopped from one dermatologist to another every single week just to help me solve my severe acne issue,” says Asha. “I was getting tired of feeling depleted and depressed ninety percent of the time, so when I made the change, there was no turning back.”

## SEEING THE LIGHT

Asha started doing yoga, hoping it would teach her how to breathe properly, and how to manage her energy to make her feel more balanced.

“I remember the night when

I finally made that shift in my consciousness,” she says of the time she decided to change her diet. “One hour before attending a yoga session, I ate two large pieces of Ilocos Empanada, and when I got to class, I could barely stand and do any of the asanas (poses). It hit me that not only was I unable to practice yoga properly, I couldn’t digest the food I ate—making me feel bloated and heavy at the same time. That night, I felt that I was ready for a real change.”

She asked around for a naturopathic doctor, and a few weeks later underwent a detox program at the Wellness Institute under Christine Gonzalez N.M.D. She also took courses in nutrition, anatomy, and aromatherapy.

She became a pesco-vegetarian in 2003. “Because I saw the effect of eating clean food, I was inspired to adopt life-altering practices that would minimize toxicity in the mind-body-spirit. I became very conscious of the products I was buying: they should be non-toxic to my body and to the environment,” says Asha. “I became even more conscious of environmental issues. I felt that if I use fewer products and learn how to properly manage waste in my household, then I would be helping the environment in a big way.”

## A NOTCH HIGHER

Championing a plant-based lifestyle, Asha opened her own preschool, which offered yoga sessions, served vegetarian food, and educated children about the effects of different kinds of food on the body. “I ran my school for eight beautiful years. I worked

**BEFORE:** Below, Asha Peri around 2000, still with skin problems



**NOT READY TO GO FULL RAW VEGAN?** Start with green smoothies, then move on to one raw vegan meal a day. Try Asha’s recipe below.

## COCONUT UBODSALAD

1/4 kg. (around 8 bundles) pechay leaves, sliced into thin strips; 1/2 kg. coconut ubod, soaked overnight in water and sliced thinly; 2 medium carrots, sliced into matchstick-sized pieces; 32 long beans, chopped diagonally; 1/2 bundle green onions, sliced into small pieces; 5 Tbsp. coconut oil; 1 tsp. salt; 1/2 Tbsp. freshly ground black pepper; 1 small freshly grated coconut; 1/4 c. pili nuts, ground

### For the sauce:

1/4 + 1/8 c. pili nuts or 1/4 c. coconut flour; 1/4 + 1/8 c. coconut aminos; 1/4 c. coco sugar; 5 garlic cloves, minced; 1/4 + 1/8 tsp. salt

**1** Mix veggies and condiments together. Set aside. **2** Mix sauce ingredients together. Mix a portion into the vegetables until well-coated. Serve the rest on the side.

Serves 5.



Asha took a raw-food chef certification course four years ago. She conducts raw-food workshops and has a raw-food booth at the Legazpi Market in Makati every Sunday. For more details, check Leaf Kitchen Raw Food Grocer and Dahon Kusina on Facebook.



reduce waste from purchasing packaged food in plastics.”

Documentaries on what animals are subjected to so that people can have meat on their plates strengthened her resolve. “My conscience could not handle being a contributor to this kind of suffering, so I became even more convinced that choosing to go vegan is something that I would like to stick to for the rest of my life.”

## POSITIVE CHANGES

Asha describes the positive changes: “After I became 100 percent raw vegan, I lost 95 percent of my acne, my energy increased tenfold, and my hormonal and digestion problems were addressed just by drinking green smoothies every day.” People also remarked that she looks at least 10 years younger, a happy by-product of her lifestyle change.

After two years, she decided to reintegrate some cooked food into her diet, particularly during the cold months “when my body needs more warmth from hot soup.”

A typical day for her starts off with whole fruits sprinkled with chia seeds during the warm months, or rice or quinoa porridge on colder days. Lunch is a big salad, sometimes with dehydrated food on the side. For dinner, she has a bowl of hot blended soup like pumpkin and some red rice. When she needs a snack, she grabs a piece of fruit or dehydrated cookies that she makes and sells.

Her diet is free from eggs, meat, fish, dairy products, refined sugar, soy, corn, gluten, and the common allergens, peanuts and cashews.

“Becoming mostly raw vegan is the best choice I’ve made in my life. It’s a cruelty-free lifestyle that respects and honors the life we are given, and the life of every single being on the planet,” she says. “Choosing the food that we eat is just one aspect of a holistic path, but it can be the start of a beautiful journey to living a vibrant life beyond our imagination.”

with parents to extend our holistic education to the home setting,” she says.

In 2011, Asha’s sister-in-law, Daniw Arrazola, introduced her to raw-food meals and desserts. “This was unheard of in our country at that time, so I did some research on my own to learn more about how raw food can create an even more

vibrant lifestyle,” says Asha. Two weeks later, she decided to switch to a 100 percent raw-food diet, which means nothing is heated, cooked, or processed.

“I chose to become a raw vegan because I felt like I was at my best, health-wise,” she explains. “I also felt I could minimize energy we typically use for cooking, and





Spaghetti Bolognese with Meatballs

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# *your* LOOK

TIPS FROM BEAUTY EXPERTS • MOM MAKEOVER • SHOE SPECIAL • BEAUTY NEWS

## YOUR BIGGEST BEAUTY WOES

*solved!*

Eye bags? Chicken skin? White hair? We asked the experts for answers to your most pressing beauty concerns.

When it comes to skin and hair problems, it's best to get answers from the pros.

Text by Elaine Natividad Reyes. Photograph by iStockphoto.



Q

## I normally break out near the hairline. What's causing this?

It could be one of two things: your skin may be reacting to the chemicals in your hair products, or you're not washing your face properly. Change your shampoo or styling product and see if there's any difference. If this doesn't do the trick, evaluate the way you wash your face. "We have patients who develop acne around the hairline because they tend to wash and rinse only in the middle of the face," says Vicki Belo M.D., dermatologist and owner of Belo Medical Group. "When they use soap, they put it everywhere. But when they rinse, naiwan yung corners of the face." It's important to be thorough. "When you rinse with water, make sure you rinse the entire face," she stresses. "Otherwise, the soap residue will dry up."



When washing your face, make sure you don't leave any soap residue.



Say no to split ends!

Q

## I have split ends but I don't want to cut my hair. What should I do?

Split ends are a sign of unhealthy hair habits such as regularly exposing your mane to "chemical treatments, sunlight, water activities, and everyday styling and heating," says top hairstylist Lourd Ramos. These habits leave your strands dry and brittle, which then leads to breakage at the end of the hair shaft.

While it is true that snipping your strands is the fastest way to get rid of the problem, Ramos suggests an alternative: the **TRESemmé Split Repair Range** has a tested Repair Complex sealing mechanism, which promises to heal up to 88 percent of split ends and prevent further damage. For best results, use the whole range: **TRESemmé Split Repair Shampoo, P399/600ml; Conditioner, P399/600ml; and Serum, P499/97ml, Watsons, Greenbelt 1 1/L.**

Q

## What can I do to make the pores on my face look smaller?

Your pores serve as pathways for the oil produced by your sebaceous glands to the skin. Having overactive oil glands—usually on the T-Zone—causes the "stretching of the walls of the pore canal, reducing elasticity, thus making them appear larger," explains Cecile C. Ocampo M.D., a cosmetic and pathologic dermatologist and a fellow of the Philippine Dermatological Society. While laser treatments are advised to visibly reduce pore size, you can prevent pores from further expanding by minimizing oil production.

The trick? Regularly wash with a gentle facial cleanser and skip the harsh soaps, as these can cause dryness, prompting skin to produce more oil. A toner also helps remove oil and fluids from the pores, giving you a tighter feel. "Products containing Vitamin A derivatives (tretinoin, retinol, adapalene) work to unclog the pores through increased epidermal cell turnover, thus making them appear smaller," says Dr. Ocampo. "Acne treatments such as oral isotretinoin also help shrink pores temporarily."



Want a cosmetic pore cover-up? Go for a skin primer with skin-nourishing properties like The Body Shop Tea Tree Pore Minimiser, P795, The Body Shop, Robinsons Galleria 1/L.



Q

## I have dark patches on my face. How can I even out my skin tone?

Common in Asian women, melasma (in Tagalog: *pekas*) is a skin disorder that results in pigmentation on the forehead, cheeks, and jawline. "The underlying cause is a combination of factors—genetic, hormonal, and sun exposure," says Dr. Cecile Ocampo.

But you can't just resort to any skin whitening product for melasma. The most common treatment is the use of topical creams containing hydroquinone. "Most treatment plans for melasma involve a combination of topical bleaches, oral skin-lightening agents, lasers, and the use of sun protection," she says. "It is best to consult your dermatologist for an assessment of your condition and an individualized regimen based on your needs." Of course, the best prevention is daily protection by using a broad-spectrum sunblock. Large sunglasses and a wide-brimmed hat help, too!



## WHAT'S THE CURE FOR EYE BAGS?

"The term *eye bags* may refer to a variety of conditions: puffiness due to water retention, fat deposition around the eye area, or even pigmentary changes [darkening] caused by heredity or by chronic rubbing," explains dermatologist Cecile Ocampo. "It is important to determine the actual cause before attempting a solution."

**FLUID RETENTION** Having puffy eyes is usually due to lack of sleep, allergies, excess salt or alcohol intake, and medications or medical conditions such as thyroid or kidney disease, says Dr. Ocampo.

**The fix:** Your first step to preventing eye bags? Switching to a healthier lifestyle. An antihistamine helps, too, even if you don't have allergies, as it "reduces the sinus inflammation that leads to puffy eyes, plus it constricts blood vessels, which improves under-eye circles," says Tina Alster M.D., a clinical professor of dermatology at Georgetown University Medical Center in Washington D.C.\*

**FAT DEPOSITION AND SAGGY SKIN** As you get old, the accumulation of fat plus the loss of skin elasticity contributes to eye bags.

**The fix:** "This type of problem is best corrected through surgical intervention (blepharoplasty) by a board-certified plastic surgeon or ophthalmologist," says Dr. Ocampo. You can, however, improve your skin condition with the nightly use of a firming eye cream. (GH recommends *Timewise Firming Eye Cream*, P1,850, [www.marykay.com.ph](http://www.marykay.com.ph))

**PIGMENTATION** Constant friction, sun exposure, and lack of sleep contribute to the darkening of the under-eye area, which gives you dark circles that pull down your eyes.

**The fix:** Switch to an eye cream with brightening properties to counteract the pigmentation. (GH recommends: *Celesteque DermoScience Brightening Eye Tuck plus Dark Circles Lightener*, P299, *The SM Store*, *SM Megamall Bldg.B 1/L.*) "The eye area is very sensitive and prone to irritation, thus topical products must be discontinued at the first sign of sensitivity and redness," says Dr. Ocampo. It also pays to be vigilant about sun protection. Make it a habit to wear sunnies when outdoors during the day.

Look for a firming eye cream to combat saggy skin.



\*Quote reprinted from *Redbook*.



Q

## Help! How can I whiten my underarms?

When you subject your delicate underarm skin to irritants like sweat and chemicals from deodorants, the skin goes into defense mode and produces more melanin. Hair removal methods such as shaving and plucking don't help either, as these cause micro abrasions on your skin, leaving you with dark, bumpy underarms. (Hello, chicken skin!)



Ditch the heavily-scented deo! Its perfume can irritate your underarm skin.

## TO HELP YOUR UNDERARM SKIN RECOVER, TRY THESE TIPS!

**1 STEER CLEAR OF CHEMICALS.** Wash your underarms with a mild cleanser every day and use a gentle scrub to exfoliate once a week. Baking soda mixed with a little bit of water makes a great DIY exfoliator. Perfumed deodorants can be harsh for sensitive skin, so try an unscented one.

**2 CHOOSE GENTLE WHITENERS.** Look for a whitening deodorant or cream with natural lightening agents like licorice or papaya. But exercise caution as irritation and allergies occur frequently in the underarm area, warns Dr. Cecile Ocampo.

**3 RETHINK YOUR HAIR REMOVAL METHOD.** Shaving exposes new skin cells too soon, making you more vulnerable to darkening. Plucking, meanwhile, tugs at the pores and makes them appear enlarged. If your budget can accommodate it, Dr. Ocampo suggests going for laser hair removal—usually with a diode laser—in order to address chicken skin, pigmentation issues, and textural problems. “This usually results in significant improvement in the texture, tone, and color of underarm skin, as well as less hair growth.”



Q

## Is there a way to stall the graying of hair?

“Hair turns gray when it starts losing its natural pigment-producing cells known as melanocytes,” says Teresa Cruz, a trichologist at hair-loss clinic Svenson. This is mainly due to aging, but can also be caused by several other factors, such as “genetics, stress, malnutrition, or health disorders, as well as certain poor lifestyle choices.”

While you can't fight genetics, you can delay sporting that salt-and-pepper mane by living a more healthy and balanced lifestyle. Cruz advises, “Quit smoking and avoid alcohol and junk food, as these can cause your skin and hair to age prematurely.” She also recommends hydrating well to help nutrients reach your hair follicles faster, taking supplements of the B-group variety (B2, B6, B12), and eating food rich in selenium and iodine (seafood, dairy products, nuts). And, as much as you can, steer clear of stress! “Prolonged periods of tension, nervousness, anxiety, worry, or other similar psychological states,” says Cruz, “can lead to the sudden or gradual appearance of white hair.”



HAIR FALL FIX  
Try Dove Hair Fall  
Rescue Tonic, P470,  
Watsons, which has  
trichazole that works  
to keep your strands  
“glued” to your roots.

Q

## My hair is thinning. Help!

Before grabbing every anti-hair loss product available, understand that there are two kinds of hair loss: permanent and temporary.

“Permanent hair loss can be attributed to genetics, aging, injury to the scalp, or specific hair diseases,” says trichologist Cruz. If your mom experienced balding as an elderly woman, it's likely you'll suffer the same fate.

Menopause can also cause the growth rate of your hair to slow down dramatically.

Temporary hair loss can be triggered by a lot of things, including stress, weight loss, the use of the contraceptive pills, childbirth, and such illnesses as anemia and diabetes.

“If you suddenly notice an abnormally heavy hair fall, this is usually due to some outside influence—like crash dieting, high temperatures, or stress,” says Cruz. Try avoiding these conditions and watch for improvements.

But if your hair is thinning gradually, the cause is usually hormonal. Advises Cruz, “You should consult your trichologist to diagnose and correct the problem, since no one treatment fits all.”

Call Svenson at (632) 892-HAIR (4247) to schedule a consultation.



*I*n a recent survey, 72% of the women polled said they feel that they look better when fully clothed.

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The new **FMS Elite**



Indeed not many people, female or male, can say that they are 100% confident about how their bodies look without any clothes to cover up any problem areas—whether it's chunky thighs, lovehandles, flabby arms, or a bulging tummy.

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# beauty KNOW-HOW

The latest trends and tricks to help you get gorgeous

Soothe and brighten skin after waxing & after IPL (intense pulsed light) treatment.



question

**Waxing has caused the skin on my underarms and bikini area to turn darker. What's a safe whitening product that I can use?**

Traditional whiteners, especially those with exfoliating acids, may be too harsh for these sensitive areas, especially if you wax regularly. You want a brightening product that has soothing properties to calm your skin. Our recommendation: the **SCO Ace Cream, P3,150, Strip: Ministry of Waxing**, which is packed with non-irritating ingredients like licorice root and allantoin, and decapeptide-12, an amino acid that inhibits melanin production. It's ideal for the face, too, so you know it's really gentle.

## QUICK BEAUTY HACKS

Out of concealers? Make your own. Add a little bit of translucent powder to your liquid foundation to thicken it. The more powder you put, the creamier—and heavier—the coverage.

THIS MONTH'S MAKEUP MUST-BUY

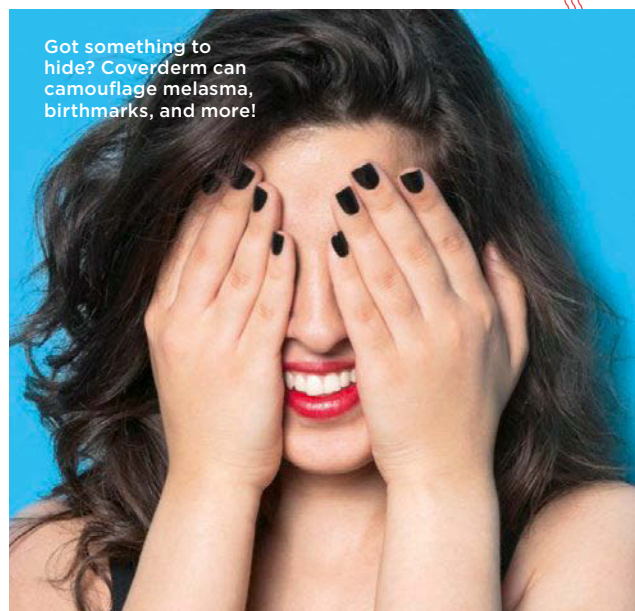
For a limited time only—until September 2015 or until supplies last—the **Maybelline Great Lash Mascara**, a worldwide cult favorite, will be available locally. This is in celebration of the brand's 100th anniversary. (The mascara hasn't been on Philippine shores since 1990.) Its claim to fame?

A long-lasting, waterproof formula paired with a lash-doubling brush applicator that's been proven to give you longer, fuller, and clump-free lashes.

Available for P350 at all leading department stores and supermarkets.



Got something to hide? Coverderm can camouflage melasma, birthmarks, and more!



## PHOTOSHOP YOUR SKIN

Basic concealers can easily cover up minor blemishes like acne marks and freckles, but what if you have more visible imperfections like birthmarks, melasma, and even varicose veins? Here's a new derma-approved brand to try: U.S.-born **Coverderm** offers a bevy of foundations and concealers that promise to hide imperfections on the face and body—stretch marks and tattoos included—for as long as 24 hours. Their products are sweat- and waterproof, too!

"Aside from cosmetic effects, they also bring therapeutic effects to the skin," says Claudia Ylagan-Samonte M.D., dermatologist and fellow of the Philippine Dermatological Society, who cites skin-boosting benefits like hydration and sun protection. They're also hypoallergenic and non-irritating, and are suitable for all skin types.

Try the **Coverderm Concealer Stick, P1,100**, or the **Perfect Legs Fluid, P2,945/75ml**, **Watsons**, **The SM Store**, **SM Makati 1/L**.



*It is a terrible thing to see  
but have no vision.*

*Helen Keller*

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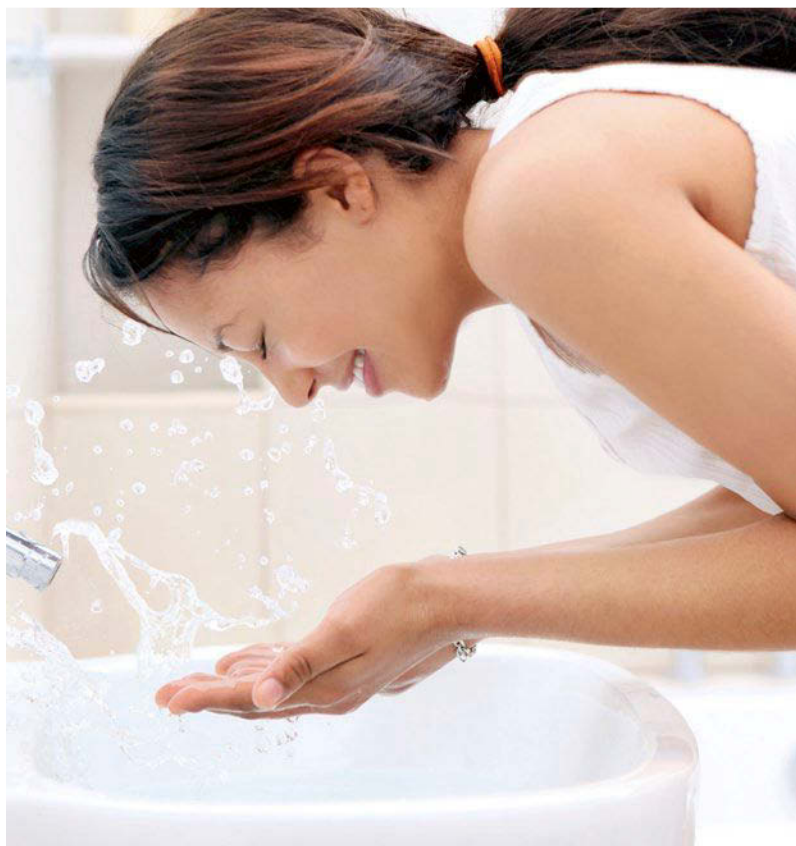


**AMERICAN EYE CENTER**



# 7 YEARS *younger*

Stop-the-clock strategies and tips  
to keep you looking fresh



## *toss* THE GRITTY FACE SCRUB

"The ones made with apricot kernels, walnut shells, or crystals can cause microscopic tears in your skin," says Tina Alster M.D., a clinical professor of dermatology at Georgetown University Medical Center in Washington D.C. "This sets off inflammation below the surface, which releases enzymes that attack collagen and elastin." In other words, it can make skin age faster. But you still need to exfoliate once a week to clear off dead skin, so try a gentle scrub with smooth microbeads such as **Neutrogena Deep Clean Blackhead Eliminating Daily Scrub, P263, Watsons, Greenbelt 11/L.**

## VITAMIN C FOR BRIGHTER EYES



**HERE'S THE TRUTH:** Panda eyes don't look good on anyone except, well, pandas. While it's true that a lack of sleep and the fragility of skin around the eye area contribute to discoloration, dark circles can also increase with age, no thanks to the accumulated UV damage. To fight this, Kiehl's offers a unique solution: the infusion of Vitamin C—a potent antioxidant—in its newest eye product, **Kiehl's Clearly Corrective Dark Circle Perfector SPF 30, P2,275, Kiehl's Power Plant Mall 2/L.** This lightweight eye cream not only works to brighten skin, it also protects against future UV damage and discoloration with an SPF 30.



## THE CHOCOLATE BAR OF YOUTH

It's a dream come true: Lycotec, a U.K.-based company with research ties to Cambridge University, has created Esthechoc, a 70 percent dark chocolate that claims to make skin look up to 30 years younger. According to researchers, a 7.5-gram piece has as many antioxidants as 100 grams of regular dark chocolate, but with a lower calorie count. Of course, it's pricier than your average Hershey's bar: a box of 21 can set you back by \$54 or roughly P2,500. It doesn't ship to the Philippines just yet, but it has started online sales for other countries. (Check out **esthechoc.com** for updates.) For now? Head to the grocery and get some cocoa to tide yourself over until Esthechoc reaches our shores. Remember, more cocoa means more antioxidants, so look for one with 65 percent dark chocolate or higher.

Photographs by Caroline Purser/Getty Images (woman); courtesy of Kiehl's (eye product); iStockphoto (chocolate).



*Salamat sa tiwala n'yo sa amin  
nitong huling 70 taon.*



**70**  
YEARS

**UNILAB**  
husay at malasakit





# look young FEEL YOUNG

Anna  
Cruz

45, office staffer,  
mother of 3 →

"I was fashionable and kikay when I was younger. I want to look more youthful, but still in age-appropriate outfits that flatter my figure."

✓ ANNA BEFORE



## GO FOR THE PERFECT FIT

→ Sheath dresses flatter the figure because they skim the belly and hips and hide problem areas. Stylist Tracy Ayson suggests a V-neckline because it makes the body look longer. "The length of this dress is not too long to make her look dowdy, nor is it too short to make her look like she's clinging to youth."

**Dress, P2,545, Warehouse, SM Megamall, Mega Fashion Hall 3/L. Shoes, P1,499, CLN, SM Megamall, Bldg. A 2/L.**

← "I love this outfit the most! I feel like a couple of years younger when I wore it. The color is perfect for my skin tone. It's both appropriate for work and the weekends!"

## Beauty & Fashion STYLE SOLUTIONS

**1 GO FOR GOOD FABRIC.** Stylist Tracy Ayson dressed Anna in pieces that are stretchy but structured to show off Anna's figure, not her flaws.

**2 SOFTEN YOUR BROWS.** Rather than use the usual eyebrow pencil, makeup artist Elaine Ganuelas brushed on brow powder to make Anna's brows look lighter and more natural.







## LOOK FOR LIGHT COLORS

→ Women tend to stay way from pastel-colored pieces and white pants, because they don't want to look like little girls. Stylist Tracy says wearing pastels is the quickest way to look fresh, and to shake up the usual top-and-bottom combo. "Look for pieces with structure so you can pull off the look."

**Top, P998, ForMe, SM Megamall, Bldg.B 3/L. Heels, P2,595, Zara, SM Megamall, Mega Fashion Hall G/L & 2/L.**

## FIND INTERESTING DETAILS

→ A basic white top is made more luxe with some sparkle, while the pants in a fun pattern are still age-appropriate because of the somber color palette.

**Top, P1,198, Warehouse. Cardigan, P1,195, and pants, P2,795, Dorothy Perkins, SM Megamall, Mega Fashion Hall 4/L. Shoes, P1,299, CLN.**



**3 GO FOR A CURRENT HAIRCUT AND HAIR COLOR.** Hairstylist Jay Jaime of Empire Salon trimmed Anna's bob for added volume on top for low maintenance. He also lightened her hair color to a light brown, which flatters her skin tone more.

**4 GO FOR A LITTLE HEEL.** Tracy says that even just an inch of height can affect your posture and how you carry yourself. Wear wedges or platform heels to stay stylish without sacrificing comfort.



**5 GO EASY ON THE ACCESSORIES.** There's no need to accessorize if you're already wearing clothes with embellishments. If you feel like you've piled too many accessories, take off the last thing you put on, then see if the outfit works better without that piece.



# SWITCH



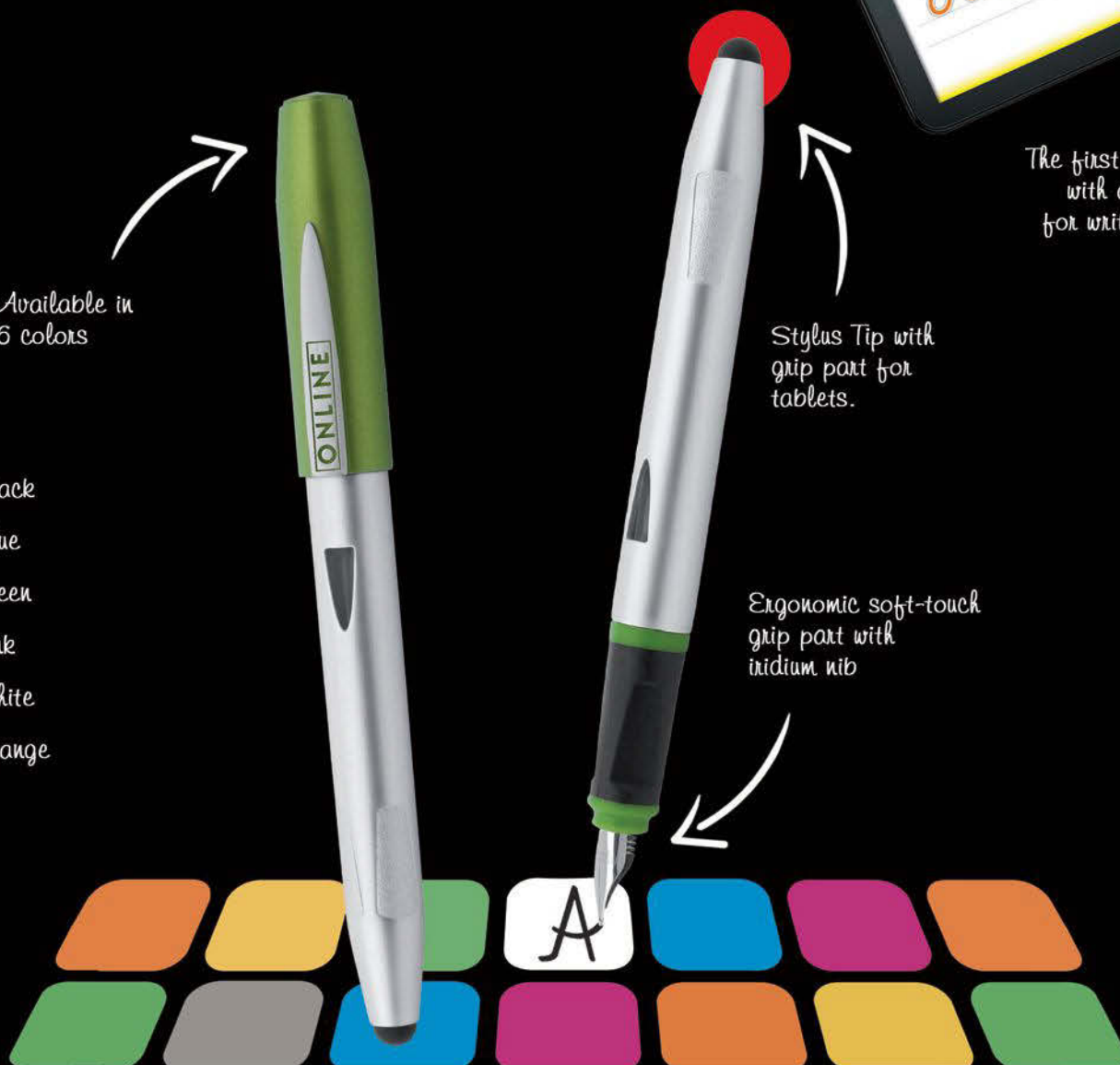
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#### YOUR SHOE WARDROBE

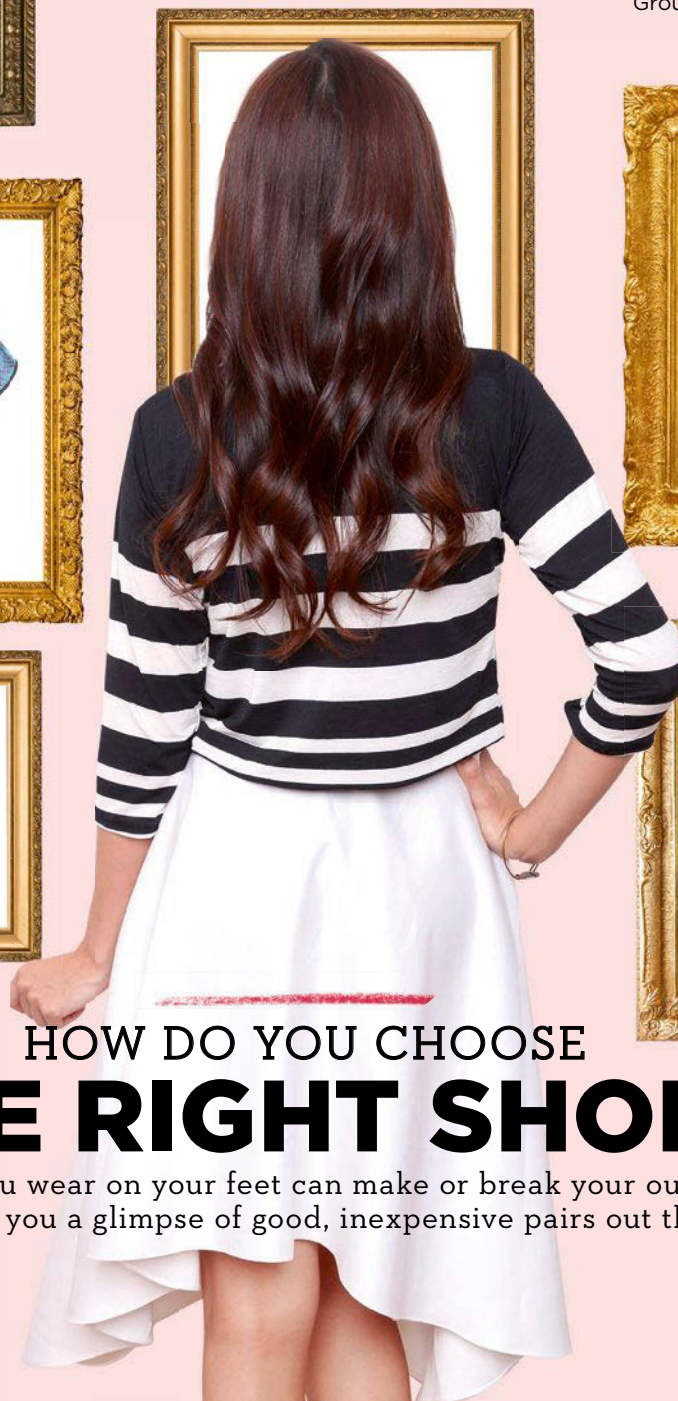
Flats, heels, wedges, sandals—there's a shoe for every mood!

**Orange heels**, P2,455, Call It Spring, SM Megamall, Bldg.A 2/L.

**Blue heels**, P999.75, Parisian, The SM Store, SM Makati, 4/L.

**Snakeskin platforms**, P3,795, Aldo, SM Megamall, Atrium 2/L.

**Blue heels**, P999.75, Parisian, The SM Store. **Pink flats**, P599.75, Parisian, The SM Store. **Red heels**, P1,299, So Fab!, Greenhills Shopping Center, Shoppesville 2/L. **Top**, P1,400, and **skirt**, P2,200, ASTO Group, astogroup.com.



## HOW DO YOU CHOOSE THE RIGHT SHOE?

What you wear on your feet can make or break your outfit.  
GH gives you a glimpse of good, inexpensive pairs out there.





**RED HOT HUE** There's something about strappy heels in lipstick red that makes any woman strut with more confidence than a runway model. Not sure what to pair it with? Start wearing something casual, like a basic white tee and a solid-colored skirt, or try this charming blue skirt. Then let your shoes do the talking.

**Red heels**, P4,295, Aldo, SM Megamall, Atrium 2/L. **Top**, P699.75, Fab Clothing, Greenhills Shopping Center, Shoppesville G/L. **Blue skirt**, P1,275, Forever 21, SM Megamall, Bldg.B 2/L.



**HEELS** If you're going for comfort, choose heels that are two inches tall at the most. Pointed shoes are the least comfortable when it comes to closed shoes—almond-toe shoes are a better bet. When choosing strappy heels, make sure that the straps fit snugly around your ankles without biting into your skin.

**FLATS** Invest in black flats and nude flats, since these will be your go-to shoes when you're in a rush (or out of options.) Look for flats with a little heel, an inch at the most, since completely flat ones aren't comfortable either.

**PLATFORMS AND WEDGES** These are as comfortable as flats, if you find the right pair. Look for one that's 2 1/2 to 3 inches in height to keep your feet comfy. If you're not blessed with long legs, opt for platforms that don't have ankle straps to make your gams look longer.

**SANDALS** Sandals range from the bejeweled to the "man-dals"—sandals that look like men's footwear—so choose the style that fits your personality. The best ones are in metallic colors (gold, silver, bronze), because these hues are easy to pair with any outfit, yet are not too casual to make you look sloppy.



**TOP ROW:** Green heels, P2,299, Charles & Keith, SM Megamall, Bldg.A 3/L. Pink pumps, P1,299, So Fab!, Greenhills Shopping Center, Shoppesville 2/L. Printed pumps, P2,245, and blue T-strap heels, P2,245, both from Call It Spring, SM Megamall, Bldg.A 2/L.  
**2ND ROW:** Pink flats, P1,499, CMG, SM Megamall, Atrium 3/L. Black flats, P700, Shoes and the City, Jo Lavilla Boutique Store, Tomas Morato, Quezon City, (63916) 594-5292. Red flats, P1,499, CMG. Snakeskin foldable flats, P2,195, Aldo, SM Megamall, Atrium 2/L.  
**3RD ROW:** Cork wedges, P1,299, CLN, SM Megamall, Bldg.A 2/L. Pink cork wedges, P1,499, So Fab!. White wedges, P1,999, CMG. Floral wedges, P1,499, So Fab!.  
**4TH ROW:** Gold and brown sandals, P2,999, CMG. Coral T-strap sandals, P1,199, CLN. Snakeskin sandals, P3,295, Aldo. White sandals, P999, So Fab!.



**DATE NIGHT**

Strappy heels are flirty, girly, and comfortable enough to wear on a night out.

**Mint pumps,** P2,455, Call It Spring, SM Megamall, Bldg.A, 2/L.



**WEEKEND GETAWAY**

Espadrille wedges transform an otherwise dressy outfit into something more relaxed.

**Orange wedges,** P2,299, Charles & Keith, SM Megamall, Bldg.A, 3/L.



**9-TO-5 WORKDAY**

A printed dress plus closed flats in a bright hue make the outfit fun yet office-appropriate. Just throw on a blazer!

**Blue flats,** P700, Shoes and the City, Jo Lavilla Boutique Store, Tomas Morato, QC., (63916) 594-5292



**MOMMY MODE**

Spending a day with the kids? Slip on patent leather sandals in a sunny color.

**Yellow sandals,** P999, CLN, SM Megamall, Bldg.A 2/L.





# *your* MONEY

WHY YOU NEED INSURANCE • MONEY MATTERS

## 'TIS THE SEASON

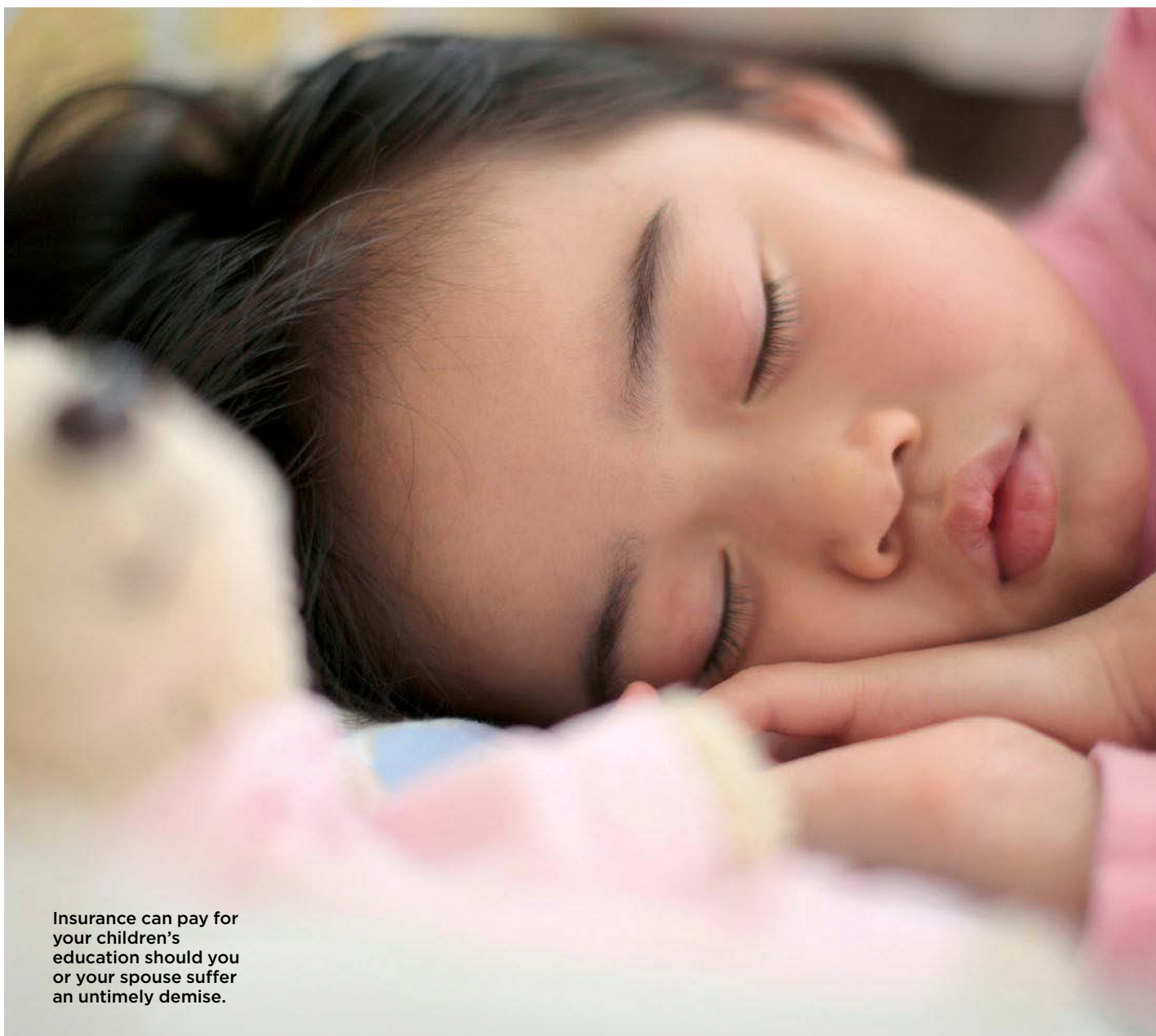
“The need for life insurance is heavy at a certain season of life. Young families would have a higher dependency on insurance,” says personal finance coach, trainer, and speaker Randell Tiongson. He explains that, typically, this is the period in people’s lives when they buy a house and send kids to school, which means this is also the period when they need more protection. “When you’re young, you’re also attracted to the world and what the world offers. So, financial discipline is very important...If you can’t accommodate premiums and all these things, you must do something about your cash flow.”





# Ensuring Your **PEACE OF MIND**

Insurance gets a bad rap, mostly because of age-old misconceptions. The experts debunk the most common among these, and explain how insurance can actually protect you and your family from financial peril.



Insurance can pay for your children's education should you or your spouse suffer an untimely demise.

Photographs by iStock. This feature is for information purposes only and should not be construed as financial advice. For insurance coverage specific to your needs and



**Picture this: You're 50 years old, and you truly are experiencing a golden year. You and your husband watch proudly as your son goes up on stage to collect his college diploma. You can breathe easy because you've finally finished making payments on your family home. It looks like you're right on track for a comfortable retirement. The future looks bright.**

Now try picturing an alternate scenario: What if, heaven forbid, your husband (or you) suddenly passes away at 45? Aside from dealing with the emotional blow, you also have to contend with financial issues, both immediate and long-term. There are the funeral expenses, which can now run upwards of P200,000. There is the fact that your family is unexpectedly reduced to a one-income household, with five years' worth of mortgage payments left, and a child who is just about to enter college. And then you potentially have the Bureau of Internal Revenue demanding to be paid estate taxes on whatever assets have been left behind.

This situation seems bleak but, sadly, it happens.

The good news is, there is something that can help ensure that your family is not left in financial ruin: insurance.

"Insurance, at its core, is really financial protection," says Randell Tiongson, a personal finance coach. "It's really to pay off beneficiaries. It's like a buffer: If anything happens to me, people who are dependent on my income get something. If you die too soon, or if you have a serious physical breakdown—all these things will contribute to your income stopping, and insurance is supposed to be able to be that buffer."

But Filipinos seem to be wary of insurance, if the 2013 Study of Lifestyles, Attitudes, and Relationships conducted by Sun Life Financial is any indication. The study revealed that, when it comes to preparing for the future, only two out of 10 Filipinos would use insurance, while less than one out of 10 would use investments. The majority, or eight out of 10, still believe that bank savings are the way to go.

For whatever reason, many Pinoys are still distrustful (or ignorant) of insurance and what it can do. We talked

to experts to dispel the misconceptions around this product, and thus help you and your family make informed choices—before it's too late.

#### **MISCONCEPTION #1 INSURANCE COMPANIES ARE JUST LIKE PRE-NEED COMPANIES.**

Many are still reeling from the fallout of pre-need companies going bust about a decade ago. After all the money that parents funneled into their children's college tuition essentially disappeared, Filipinos are understandably distrustful of companies offering seemingly similar products. But the experts are quick to point out that pre-need companies are entirely different from insurance companies.

"The pre-need company is a Filipino invention," explains Augustus "Joe" Ferreria, president of Money Doctors, a financial planning firm. "Essentially,

it started out in the memorial business where, if you die, you have a service that you bought prior to need. It's supervised by the Securities and Exchange Commission (SEC)."

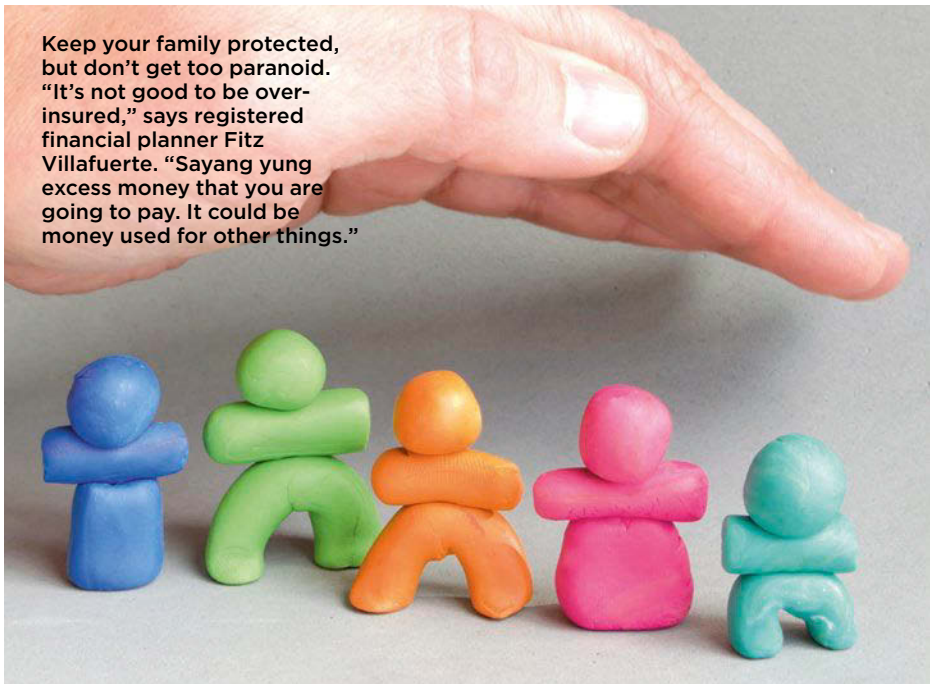
Ferreria says that the regulations governing those pre-need companies were very loose, which led to the mismanagement of funds. The same is not true for insurance companies.

"Insurance companies are highly regulated institutions. They are even more heavily regulated than banks," Ferreria argues. Insurance companies come under the supervision of the Insurance Commission, which falls under the Department of Finance.

"There are very strict capitalization requirements, as well as fund management requirements," explains Ferreria. The funds are invested in very stable financial instruments, such as treasury bills.

As an example, Ferreria says that the SEC requires pre-need companies to put 10% of the amount for a policy paid over a five-year period into a trust fund, while the Insurance Commission requires 90% of the amount paid for some insurance policies into heavily regulated funds like government securities. He also says there is a higher level of capitalization required to start an insurance company.

"Therefore, the fear of buying



**Keep your family protected, but don't get too paranoid. "It's not good to be over-insured," says registered financial planner Fitz Villafuerte. "Sayang yung excess money that you are going to pay. It could be money used for other things."**

situation, it is best to consult a financial adviser.



"Isa 'yan sa mga tamad na gawain ng Pinoy, ayaw nila basahin ang policy nila," says Villafuerte. "Have your agent explain each of the terms, tapos tanungin niyo lahat para malinaw sa 'yo kung ano ang mga benefits mo."



insurance is unfounded," Ferreria says, "because you're buying from a highly regulated institution."

Tiongson's gauge when it comes to picking an insurance company is this: "I normally recommend choosing an insurance company in the top 10. There are reasons why they're the top 10." The Insurance Commission has a listing of the top-performing companies in its website ([insurance.gov.ph](http://insurance.gov.ph)) based on different criteria (net income, assets, etc.). While the ranking of each company varies depending on the criteria, the top 10 companies are fairly consistent.

## MISCONCEPTION #2 IT'S EXPENSIVE.

"You always see a lot of people paying for car insurance kasi they're protecting themselves from [car accidents], pero they don't want to protect their own life," remarks registered financial planner Fitz Villafuerte. "Mas importante ang buhay mo, and surprisingly, not a lot of people know na mura na ang life insurance."

The inexpensive life insurance that Villafuerte is referring to is term life insurance, which he describes as "basic vanilla life insurance."

Money Doctors' Ferreria elaborates: "It's very similar to your car insurance. If you don't get into a collision incident, you lose everything that you paid. It's

only good for one year." If after one year, nothing happens to you, then you'll have to renew your term life insurance the following year.

"It's very cheap. For a million pesos' worth of coverage, you'll probably pay P6,000," adds Ferreria.

One of the top insurance companies in the country, for example, offers P2 million worth of coverage for a 35-year-old non-smoking female for P5,700 a year, or just P475 a month.\* (This amount is only for term life insurance, and has no riders or additional benefits included.)

It should be noted that term life insurance gets more expensive as you get older.

## MISCONCEPTION #3 THE ONLY WAY I GET MY MONEY BACK IS IF I DIE.

People generally buy life insurance for financial protection, but life insurance also has a secondary role as an investment, says Tiongson, author of *No-Nonsense Personal Finance and Money Manifesto*.

"Some people actually buy for the investment purpose kasi some [insurance policies] have good investments," he says. This type of insurance, which includes an investment component, is called the variable unit life insurance or VUL.

"VUL is like buying term insurance with mutual funds. There's a portion of your money being invested, and there's a portion of your money paying for insurance. If anything happens to you, that insurance *plus* your invested money becomes an insurance benefit."

It's an attractive option, particularly for those who don't have the time or knowledge to invest in other instruments. Plus, once you're done paying through the specified amount of time, you're covered for life. Add the fact that you can withdraw your earnings at any time!

But the costs can be prohibitive. While you can get term life insurance for less than P500 a month, a VUL will set you back a few thousands a month.

"You have to be sure that you can afford the VUL," cautions Villafuerte, who wrote the book *The Ready to Be Rich Guide to Investing*. "The problem kasi is, some agents, they force their clients to get the VUL. But these clients cannot afford the P40,000 a year. So what happens is, after three, four, five years, they can no longer pay. So sayang when the policy lapses. Wala ka nang insurance, mauubos pa lahat ng investments mo."

Ferreria, who has been in the financial services industry for 35 years, says that the first five years of payment are critical. "You need to accumulate [your investment] for the first five years. After that, you're okay. There are options available to you. You can tell the insurance company, 'Okay, I have funds with you. Can it pay for this year's and next year's premium?' So they get your premium from the investment fund."

## MISCONCEPTION #4 I DON'T NEED INSURANCE! I HAVE NO DEBT, MY HOUSE AND MY CARS ARE FULLY PAID FOR, AND MY KIDS HAVE ALL GRADUATED.

Ferreria says that, possibly, the only time one doesn't need to worry about insurance is if one "has P100 million and is willing to pay inheritance taxes on his wealth."

Inheritance tax—aka estate tax—in the Philippines could go up to as high as 20%, for assets worth over P10 million. Your house may be paid for and your kids may be working, but that doesn't mean that they can cough up the money required by The Taxman for them to inherit all your worldly possessions.



"Estate planning is all about distribution," explains Ferreria. "Normally, you would want to transfer, for example, your home to your kids. Now, to do that, the government will require you to pay a certain amount called estate or inheritance tax. Now if it's a home, and there's no cash, how will your child pay that? Therefore, you buy an insurance policy so that, if you die and they need to transfer ownership, the money from the insurance policy can pay for that."

Ferreria goes on to say that insurance can also be used to equalize inheritance among your children. "For example, you have three kids, one house. How will you divide the house into three? So what some people do is, if the house is worth P2 million, they'll buy insurance worth P4 million. Why? Because one of the kids will get the house, the other two will get cash worth P2 million each."

For estate planning purposes, Ferreria says a VUL is the better option, since "paying your taxes relative to transferring your properties to your children is a forever thing," he says. "That happens when you're 85 or 90 years old, so you need coverage that will extend all the way there. However, you cannot buy term policies after age 65." VULs, on the other hand, provide coverage until you're 99.

Tiongson, who is also a personal finance trainer and speaker, says that getting a VUL

for the purpose of estate planning has an additional perk. "If I die, the investment portion of my VUL will now become an insurance benefit. It can be exempted from estate taxes. Whereas if I buy term insurance and then invest the difference, that now becomes part of my estate. Only the insurance becomes tax-free."

Ferreria reiterates, "You have to understand that insurance really is money—money that becomes a reality when you die. In the case of estate planning, you can use an insurance policy to pay the taxes, as well as equalize the inheritance that your children will receive."

Once you've gotten over your fear of insurance and determined your insurance needs, Tiongson recommends talking to two or three advisers from different companies. "Compare. Put them together in a matrix. See which one gives you good value, and see the one that will answer your needs the most."

Financial planner Villafuerte has a final tip: "Don't consider insurance as an expense, na parang sayang yung pera, tinatapon mo lang. Remember that insurance is there for your protection. Always remember that you cannot buy life insurance when you need it."

In the end, insurance protects your loved ones. It may seem costly, but with it, you can rest easy, knowing that they will be taken care of when you're gone. Now you can't put a price tag on that kind of peace of mind.

## TERM OR VUL?

GET TERM LIFE INSURANCE...	GET A VUL...
If you have the time and knowledge to invest in other instruments—like stocks, mutual funds, and unit investment trust funds (UITFs)—on your own.	If you don't have the time to invest in other instruments, or don't have the inclination to learn. Ferreria cautions, however, that your VUL still shouldn't be the be-all and end-all of your investments. "You need to split investments between a mutual fund and a VUL," he advises.
When you don't need coverage until age 99. For example, you bought a house. "The mortgage is only for 15 years, so why buy a policy that would cover you until age 99?" says Ferreria. "You buy only a policy equal to the loan that covers you during the duration of the loan."	You're using insurance as an estate planning tool, which means you'll need the insurance at the end of your life—which, hopefully, is well past 65 years of age—the maximum age covered by term insurance.

## HOW MUCH INSURANCE DO YOU NEED?

Below are the factors you have to consider when determining how much coverage you should get.

**YOUR FAMILY'S MONTHLY EXPENSES.** It usually takes around three years for a family to recover financially from a death (possibly less time if it's a double-income household), says financial planner Fitz Villafuerte.

His tip: multiply your monthly expenses by the number of months you project it will take your family to recover. "So let's say you spend P50,000 a month, multiplied by 36 months—that's your starting coverage."

Another tactic is to buy an insurance policy to ensure your family has continuing income, says Money Doctors president Joe Ferreria. "If you make a million a year, you need a VUL of about P12 million. At 10% interest per year, this could generate the same amount of investment income which your family can use for its day-to-day needs."

**YOUR FAMILY MEMBERS' SPECIFIC NEEDS.** If you have school-age kids, factor in their education.

**YOUR DEBT.** "If you have loans, the proceeds of your insurance policy can be used to pay them off. The significant loan would be the housing loan and the car loan, and whatever remaining small consumer debt you have," says Ferreria.

**ESTATE TAXES.** To simplify, list down all your assets and compute 20% of that amount (the ceiling amount for estate tax)—this should be the amount of the insurance that should cover your estate taxes.

**YOUR FINAL EXPENSES.** Consider possible medical expenses as well as funeral costs.

The total amount, after taking all these things into consideration, is roughly how much coverage you need.



# Money MATTERS

Expert advice on how to manage your finances—NOW

**Q WE SPEND SO MUCH ON FOOD AND GROCERIES. HOW CAN I SCRIMP ON THAT? CAN I BUY GENERIC ITEMS? IS IT WORTH IT?**



Going generic on selected items is a smart move.

Food is definitely one of the highest items on anyone's budget list. You definitely cannot skip eating, but you can be practical when it comes to the food that you buy. Just like buying medicines, buying generic products is a wise move especially now that there are many multinational companies selling quality products at lower prices. They acknowledge that if they do not compete with the new players, the new players will start eating into their market share. No multinational company will put its name in jeopardy just for profit.

**Q WE'RE PLANNING TO BUY A HOME. IS IT BETTER TO FIND A READY-FOR-OCCUPANCY PLACE, OR A PRE-SELLING PLACE?**

It all depends on your immediate needs. If you need to move in right away, you should definitely buy an RFO or ready-for-occupancy unit. But if you are buying for investment purposes, you can purchase a pre-selling unit, since it is more affordable and the rate is lower compared to an RFO unit.

**Q Our monthly budget does not allow us to save a lot. How can I tighten our budget so we can have more money left over?**

Allow me to give you some practical and easy-to-do tips on how you can tighten your budget.

**1 Bring your own food.** I wonder why some people are ashamed to bring their own food to work or school when, in fact, this can save them a lot of money. How? Let's say you have a budget of P200 per day; bringing your own food will help you save around P100 a day; multiply that by five days, and that is equivalent to P500 a week, P2,000 a month, and P24,000 a year!

**2 Commute.** When going to nearby places, it is better to take public transportation than to drive your car. This will save you gas money and keep you from getting stressed out in traffic. If your destination is just a kilometer or two away, walk! Again, this will save you money, and will help burn calories.

**3 Quit vices.** Your cigarette and alcohol expenses can add up to a huge amount. If you smoke a pack a day, you are spending around P40 a day; multiply that by seven days, and that is equivalent to P280 a week, P1,120 a month, and P13,440 a year! Having these vices can add to your medical expenses, too, when you get sick. It's time to start thinking long-term.

**4 Stay at home.** This may not sound like fun, but give it a try. What is not to love in your own home? There, you can spend quality time with your family—watch movies, play games with your kids, or even prepare a sumptuous meal, instead of doing the same things in malls where everything comes with a price.

**5 Have some me-time.** You can write, read a book, watch movies, paint your nails, munch on food, and the like, instead of going out and spending unnecessarily.

**Remember it's not how much money you make, but how much money you save.** Part of keeping to your budget is knowing how to budget properly.



*Chinkee Tan is a wealth coach, motivational speaker, book author, and radio personality. Visit [chinkeetan.com](http://chinkeetan.com).*



# *your* HOME

CONDO LIVING • DECLUTTERING SPECIAL • HOUSEHOLD AND CLEANING TIPS



## NURSERY TREE

This huge decal of a tree with owls on its branches and an elephant underneath was ordered from Etsy.com and hand-carried by a friend from Chicago. The young homeowners stuck on the decal painstakingly, one precious piece at a time. "It was a labor of love," says the lady of the house. Adds her husband, "It was a fun bonding experience with my pregnant wife." They even have a timelapse video documenting the experience.



# COZY COASTAL *cool*

An 87-sq.m starter home shows that soothing aesthetics and meticulous planning are the keys to a delightful abode.

The **customized ottoman** serves as the coffee table for the living room, and also provides extra seating for guests.





## LIVINGROOM

A sectional sofa sits snugly in the corner and grounds the entire space. The sofa, along with the ottoman, are custom-made by Tabrete Furniture (MC Home Depot, Bonifacio Global City, Taguig). Instead of being daunted by the limited space and somewhat awkward angles, the homeowners solved the problem by filling their abode with customized furniture.



2 BEDROOMS

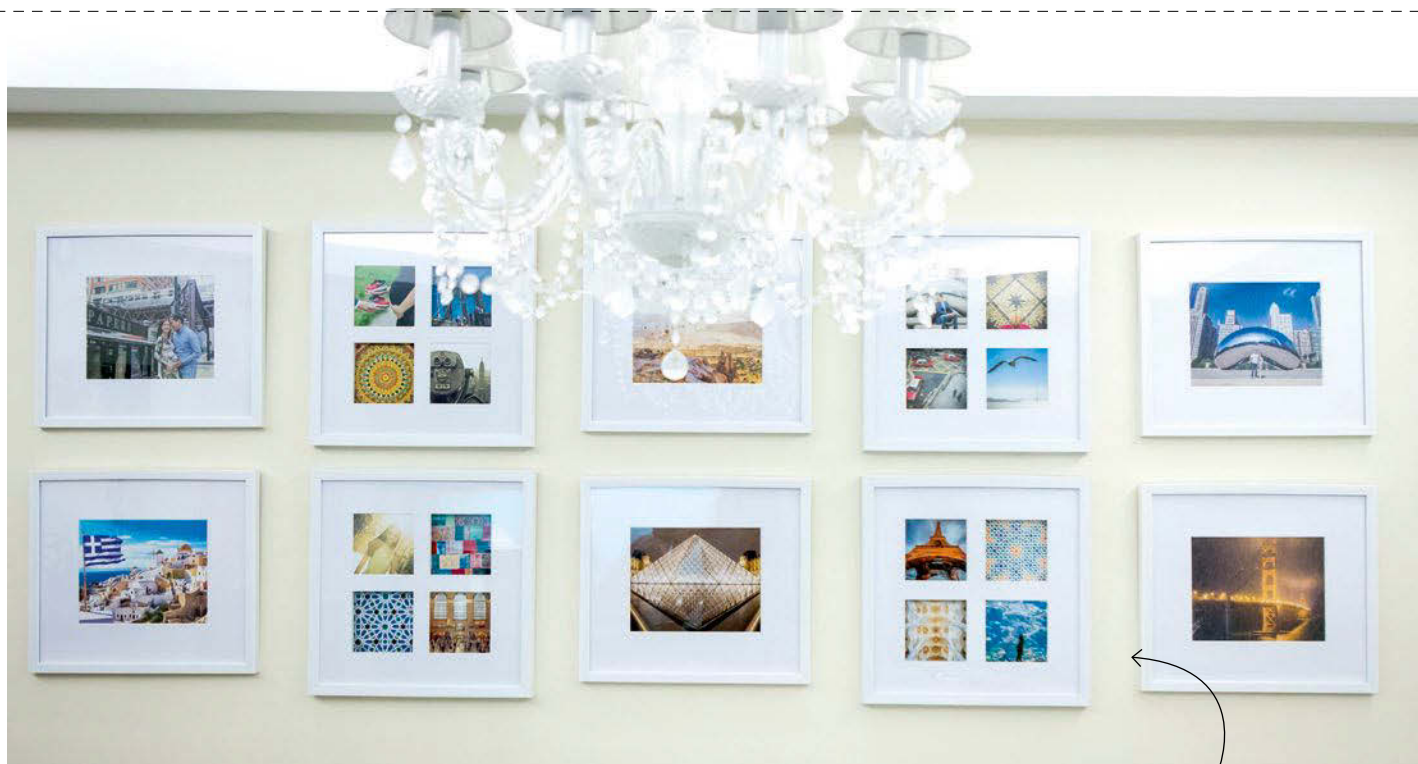
2 BATHROOMS

87

SQ.M.

Save your guests from bumping their knees by going for a table **without the conventional** four legs.





**Pictures** of their travels, taken by the man of the house who is an avid photographer, adorn the walls of their dining area.

## DINING AREA

The sleek dining table, as seen here, is for six people, but expands to accommodate up to ten! The table, it turns out, wasn't the first one they purchased. Learning through trial and error, the couple saw that their first table's traditional legs—standing on the table's four corners—prevented people from sliding in and out when seated on the bench. Luckily, the couple were able to return this first purchase, and eventually replaced it with the current one that has a single column for support.

The dining area is a tricky little space. The husband says it's referred to as Toblerone-shaped, which proves challenging. But instead of seeing it as a flaw, the couple see it as a natural partition from the living room. The same "Toblerone" has the effect of separating the open space into distinct areas.

"If you're eating, you're eating—and not watching TV. We make it a point that mealtimes are sacred. We talk, no phones, no TV. So, it worked for our benefit. When we're entertaining guests, it's purely conversation and music."



The **drum table** is from Costa del Sur (MC Home Depot, Bonifacio Global City, Taguig). It's made out of refurbished wood, and serves as the couple's mini-bar.



An eye-catching piece in the living room is a thick book that's bound in glass-like material in blue and green tones. "This is the first thing in our home," points out the wife. "It's our **wedding album**. Our house colors kind of followed it. It started there."





This **wall** is made out of wood, and its undulating lines and turquoise shade—the couple's desired color—remind them of the sea.







The **ikat-print pillows** and runner in lime green, turquoise, and blue are in keeping with the beach theme.



The **bedside table** with drawers holds books, a night light, and miscellaneous stuff they like to have near them. It also functions as extra storage space.

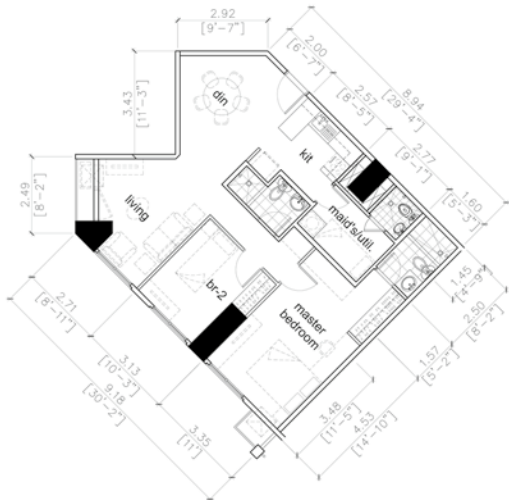
## MASTER BEDROOM

At the end of the hall is the master bedroom, a calm, inviting space that the couple retreats to. "Our peg for this room is the beach," says the wife. The bed has a beige upholstered headboard, inspired by sand. This headboard is custom-made by Tabrete Furniture (MC Home Depot, Bonifacio Global City, Taguig), while the base is actually the wife's old bed. Sticking to a budget is part of the decorating plan, and saving when they can—whether it's by reusing existing furniture or bargain hunting for vases in Dapitan—is something they've actively pursued. Everything in the house, even the partitions of the drawers, is pre-planned. The carpenters receive explicit instructions on how to build each piece—all planned on an Excel file! "Because we did everything on our own and we have no architecture or interior design background, when we tell our carpenter about measurements, my husband would do it on Excel, then he'd scale it."



"This was his first gift to me, when we were still boyfriend-girlfriend. It's all the **places we've been to**, and where else we'd like to go," says the wife.





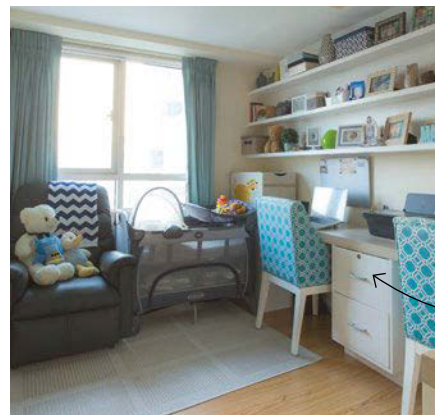
## OFFICE / NURSERY

A third homeowner lives with the couple—their baby boy, five months old at the time of the shoot. Since he has yet to be mobile, he has not disrupted the original design of the home, yet.

His nursery used to be a guest room/office. Today, it is a room he shares with mom, who works at home, and dad, when he needs the workspace.

The office side features a built-in desk, with his and her sides, and floating shelves. There are filing cabinets and a “secret storage” on one end, which houses the Christmas tree, among other things.

The baby’s name is spelled out on a wall, repurposed from the baby shower’s décor. Eventually, the couple reveal, the room will be converted to become the baby’s own room. And as the family grows, the home will adapt, and will be remodeled to suit new purposes.



A two-level **storage cabinet** separates the his-and-hers workspace, giving each one the space he or she needs.



## KITCHEN

The couple's tip: be on the lookout for home ideas in commercial establishments—when you spot one, it's most likely a functional, low-maintenance design element.

A case in point: A glass backsplash against a painted blue wall ties this space to the rest of the house. The idea came from a frozen-yogurt shop. The husband recounts that when his wife was pregnant, "she was always craving for frozen yogurt, especially at Pinkberry." It was there that they noticed the blue glass wall, and they heartily agreed that this is what they wanted for their own home.

The well-traveled couple have their **country mementos** lined up neatly on the upper refrigerator door.





# ADVERTISING FEATURE reader's resource

TOP PICKS FOR YOUR HOMES AND FAMILIES FOR THE MONTH OF JULY

## Celebrating model moms

Outstanding moms from all over the country were honored at Model Mom Philippines 2015, held last May 24 at the Emar Suites in Mandaluyong City. The twenty-four moms were awarded for making a difference not only at home, but also in her community. The event was presented by Cherry Laboratory together with RDH Entertainment Network.

The event's fashion segment featured the collections of Erros Del Castillo, Ruel Rivera, Winston Navarro, Olan Roque, Michael Pimentel, Gener Gozum, Edwin Uy, Zyrene Verano, Kido Republic, La Obra, KAT JA'S Authentic Bags, and Obra ni Juan for the benefit of the Philippine Runway for Charity.



Shown in Photo: Josephine Canonizado (Awardee), Bea Oranga (DJ Chloe 96.3 Easyrock), Mary Ann Legarda (Awardee), Benito Legarda (President Cherry Laboratory Inc), Gladys Reyes (Awardee), Richard Hinola (Organizer/Founder).

## Speak and move with confidence

A great personality never goes out of style! La Vie Institute, which translates to The Life Institute, offers workshops on verbal and non-verbal communication, self-mastery, performing and fine arts, and etiquette. The best part? Every session is designed to suit each student's needs. With the help of great facilities and innovative and passionate mentors, you can finally bring out your best self ever! La Vie Institute is located in Filinvest City, Alabang, Muntinlupa. For more details, call (02) 831-7414.



## The secret to younger-looking skin

Get the skin you've always wanted with Bio-Oil! Its breakthrough ingredient PurCellin Oil™ makes the formulation light and non-greasy for easy absorption. It's effective against aging and dehydrated skin, and helps eliminate other blemishes such as scars, stretch marks, and uneven skin tone. Grab a bottle for only P495 from Mercury Drugstore, Watsons, and other leading drugstores nationwide.



## Say goodbye to stretch marks!

One of a woman's biggest insecurities is her stretch marks. These streaks may appear on your lower back, breasts, upper arms, and thighs, preventing you from flaunting your otherwise gorgeous skin. Eliminate stretch marks once and for all with the help of Gly Derm Stretch Mark Cream. The preservative-free, non-greasy formula helps reduce the size of stretch marks, rebuild collagen, and boost skin elasticity. For best results, use the cream twice a day. Available in 60 mL and 125mL tubes at Watsons and other leading drug stores nationwide.



## Get two eye-catching shades in one package

Achieve an eye look that's all your own with the Revlon PhotoReady Eye Art Lid + Line + Lash. It pairs metallic shades with brilliant sparkle finishes in a dual-ended package. Go simple, go glam—it's all up to you. For an added touch of color, wear it with the Revlon PhotoReadyKajal™ Matte Eye Pencil. Revlon PhotoReady Eye Art Lid + Line + Lash is available in 10 distinctive duos at P625 each. Cebu, SM Davao, Centrio Mall Cagayan de Oro and LimKetKai Mall CDO.




## Top pick for standout nails

Enhance your nail color with the Revlon Transforming Effects™ Top Coats. Choose from any of the eight top coats, from glazes and holographic coats to rich, solid mattes. All Revlon top coats are free of DBP, Toluene, and Formaldehyde, so there's no need to worry about discoloration. So what are you waiting for? Have your own nail spa party with Revlon Transforming Effects™ Top Coats. Available at P250.





# 15 ways to DECLUTTER YOUR HOME



Say goodbye to kalat!  
Pick one method (or two or three),  
commit to it, and soon you'll be  
breathing easy in a clutter-free space.  
Hesitant to say goodbye to your stuff?  
Just remember: by getting rid of things  
you have no use for, you're making  
room for better things to come into  
your life.





# 1 The classic way: use the box method.

Have three boxes at the ready. Label them “Keep,” “Sell/Give Away,” and “Toss.” Go around your house and sort your belongings accordingly. Find a place for every item in your Keep box, dispose of the contents of your Sell/Give Away box as soon as possible, and throw away the contents of your Toss box. For convenience, you can make your Toss box a trash bin or garbage bag instead.

## 2 Use the KonMari Method.

In her *New York Times*-bestselling book, *The Life-Changing Magic of Tidying Up*, Japanese cleaning consultant Marie Kondo reveals her method for getting rid of clutter for good: Go through items by category (not by room). “Start with clothes, then move on to books, papers, komono (miscellany) and finally things with sentimental value,” she writes. For every category, put everything on the floor, “take each item in one’s hand and ask: ‘Does this spark joy?’ If it does, keep it. If not, dispose of it,” she says in her book. She believes that the point of tidying is so that one’s space and the things in it can bring you happiness, so you should only keep the things that speak to your heart.

Kondo has a curious, anthropomorphic approach to stuff. She believes in thanking objects for all they have done for you over the years before letting them go, and in treating the items you keep with respect. (This means no balled-up socks: “The time they spend in your drawer is their only chance to rest.” Her sock storage technique of choice? Folding.) But given her no-repeat client list, three-month waiting list, and sold-out talks, it looks like the KonMari method gets it right.

*The Life-Changing Magic of Tidying Up* by Marie Kondo is available at National Book Store.







**3** Get rid of one item every day. Take a cue from [365lessthings.com](http://365lessthings.com), and choose one item to give away or discard each day. By the end of one year, you'll have 365 less things at home—provided, of course, that you don't go out and shop each time you get rid of something.

# 4

## Edit your closet.

Be inspired by Project 333 ([theproject333.com](http://theproject333.com)). The blog's tagline is "Simple is the new black," and the challenge focuses on clothes. Every three months, choose 33 items that will serve as your capsule wardrobe for three months. The number is more appropriate for countries with four seasons (three months each), so feel free to tweak the numbers to suit our own seasons (dry and rainy). Try 66 items for six months, for example.





## Hold a garage sale—the right way.

### 5 Make an announcement.

Write “Garage Sale Today” in big letters. Include your address. Post in prime spots in your area. Ask your neighbors if you could hang up a sign on their wall—just be sure to take each sign down after your sale.



### 6 Don't just dump everything in a pile.

Group similar items together: hang up dresses on a clothes rack, put earrings and bracelets in a muffin tin, and line up shoes in one area.



### 7 Provide power.

Selling old, but still functional, electronics? Have an outlet or extension cord nearby. This way, potential buyers can test the goods.



### 8 Price it right.

You can sell new, unused items at 50% of retail price, barely used stuff at 30%, and the rest at 20%.

### 9 Have a bargain bin.

You don't have to put a price tag on every item. Group small items in a basket labeled P20, or a table with a sign saying P50.



Photographs by iStockphoto (electric sockets, labels, shelving).



## 10 Recycle!

Some malls accept items for recycling. You can drop old gadgets (like that mobile phone circa 1999) in a bin located near the concierge at Glorietta 5 [call (632) 752-7272 for more information]. You can also take all your scrap paper, cardboard, plastic bottles, plastic scraps, aluminum and tin cans, polystyrene, and Styrofoam to the Trash to Cash recycling market ([smcares.com.ph](http://smcares.com.ph)) at SM malls, every first Friday and Saturday of the month, from 8 a.m. to 2 p.m.



## 11 Donate to a worthy cause.

Also known as Caritas in Kind, Segunda Mana (which means “secondhand”) is a fund-raising project by Caritas Manila. You can donate used and unused items, old stocks, and non-moving inventory. The proceeds from the sale of these items will be used to fund Caritas Manila’s programs for the poor. Donations can be picked up. For more information, visit [caritas.org.ph/inkind.php](http://caritas.org.ph/inkind.php).



## 12

### Call Aling Puring.

Puring B. Dy has been featured in magazines and newspapers, and even on television. You can set an appointment with her once you’ve gathered all the things you want to dispose of. She comes (bearing gifts—usually fruit), surveys your stuff, and offers a price for the whole lot: old furniture, electronics, books, magazines, décor, junk. If you agree, she’ll cart everything away for you. Call (632) 241-6565 and look for her daughter, Malou Dy-Herrera, to schedule an appointment.

## 13 Do the 12-12-12 challenge.

Pick 12 items to throw away, 12 items to donate, and 12 items to be returned to their proper place. The results will be compounded if you get the whole family in on the challenge. Make it a contest among you and your kids!



## 14 Get a bigger storage space.

Ever wish your home had its own bodega? You can now rent out a space where you can stash all your excess stuff, a trend in America and Europe. One such company that offers this service is EC Storage, which offers 6-square-meter/20-cubic-meter storage units at P4,400 a month, and 8-square-meter/25-cubic-meter storage spaces at P5,800 a month, inclusive of taxes and other charges. The storage facility caters to condominium dwellers, those who’ve moved from big houses to smaller homes, business owners (especially start-ups with no space for inventory), as well as companies that need to retain large amounts of documents.

*EC Storage is located at Warehouse #6, 515 Katarungan Street, Mandaluyong City. Visit [ecstorageph.com](http://ecstorageph.com) for more information.*



# 15 Bring in a pro.

New York- and Toronto-trained professional organizer Kat Ong gives this advice: “Edit your things. Be ruthless. Doing this opens up space and opportunity to move things around to where they can best be placed. If you don’t edit, things are just being re-shuffled and you’ll probably end up with the same setup.”

Feeling overwhelmed? You might want to hire an expert. Ong, who has been helping people get organized since 2002, tells us what it’s like to work with a pro.



**GH: What can a client expect when she works with a professional organizer?**

**Ong:** We set up a meeting so I can interview them regarding their space. I

help clients sort, edit, and come up with customized solutions—such as streamlined systems and processes, proper storage, best placement—to meet their needs. But best of all, I help them make whatever that’s getting in the way—of their peace of mind, happiness, or productivity—a thing of the past. And they can start anew.

## **How long does the process take?**

Every home is different, so it really depends. Your things don’t accumulate overnight, so no one can expect to finish in a snap. Some people think it’s as quick as a makeover show. Organizing a space is a process and normally takes many days.

## **Are there certain personality types that work best with professional organizers?**

The person who is ready to deal with the space that’s causing the stress is the best type of client. This means these people have tried it their way and nothing has worked, so now they are open to working with an organizer.

## **What can a client do to ensure that the decluttering/organizing process is successful?**

Be present and fully committed to the project.

## **How much does it cost to hire a professional organizer?**

It really depends. Let’s put it this way: if your space is causing you stress—with yourself (internal conflict—you feel bad about yourself); in your relationships (fights with your hubby); in your business (lost documents); or you want your kids to live in a better space—then it’s definitely a wise investment to hire a professional organizer.

*To learn more about Kat Ong and her services, visit [spacethatworks.com](http://spacethatworks.com).*



# THE HOLLYWOOD HABIT

*Time to prop up your feet and enjoy your daily dose of entertainment TV!*

Get to know the latest scoop on your favorite Hollywood celebrities, the hottest trends, and everything about today's pop culture!



**FRESH EPISODES FROM  
TUESDAY TO SATURDAY  
6:00PM**



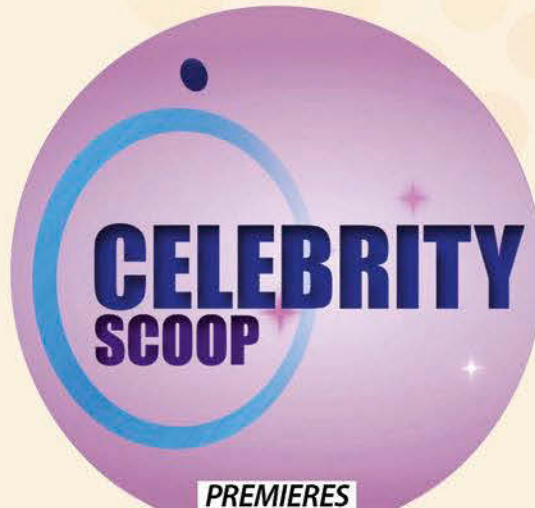
**PREMIERES  
JUNE 24, WEDNESDAY  
6:30PM**

Something is always buzzing around Tinsel Town. Get updated on what's hot and happening around Hollywood.

Calling all movie buffs! Get the lowdown on all things you love about the latest movies and the actors starring in them!



**PREMIERES  
JUNE 25, THURSDAY  
6:30PM**



**PREMIERES  
JUNE 26, FRIDAY  
6:30PM**

Want to know more about your favorite celebrities? Find out their latest movies, music updates, or fashion highlights plus their best kept secrets!

**colours**

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AND IN OVER 200 CABLE OPERATORS NATIONWIDE.  
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# sitting PRETTY

Just as the right accessory can turn an outfit from simple to fab, the perfect accent chair can add personality to the plainest room.



## CALL IT SPRING

Bring the lush greens into your home with this leafy accent chair.

*Arizona Chair, P13,100, Heima, Unit 103, 3 Brixton Bldg., #3 Brixton Street, Barangay Kapitolyo, Pasig City*

Trendy tropical prints look right at home in this country!



## BACK BEAUTY

Go with a classic-inspired chair that has a bold surprise at the back for an unexpected twist.

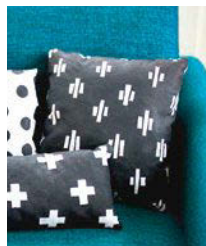
*Sophie Chair, price available upon request, Heima*

*Tip: Choose your fabric and have it customized!*

## SCANDI VIBE

Flashback to the good ol' days as you lounge in this retro-inspired armchair.

*Amirah Accent Chair, P14,950, Our Home, SM Megamall Bldg. A LG/L, Mandaluyong City*



Printed pillows contrast well against solid-colored chairs and sofas.



## PATTERN PARTY

This daring piece will go well with a boldly decorated space.

*Ed Wing Chair, P9,995, Our Home*

Balance out the drama with a more subdued sofa and rug to avoid visual clutter.







## RUBY RED

It doesn't get any more eye-catching than this: demand attention with a striking red accent chair.

*Sadie Accent Chair, P9,995, Our Home*

Remember that red is a color that catches the eye, so use with restraint.



Consult a designer for customized and unique pieces.

## QUIRKY BITS

Choose a chair with an unusual shape to inject an interesting flavor to the room.

*Jardinia, P25,000, Space Encounters, Mezzanine Level, Padilla Building, F. Ortigas Jr. Avenue, Ortigas Center, Pasig City*

## MINIMAL EFFORT

Keep a corner effortlessly elegant with a modern silhouette and a natural finish.

*CH4058 Chair, P16,300, Black & White, ID Furniture, 2100 Pasong Tamo Extension, Makati City*

It's easy to dress up a simple chair—just add a comfy throw.



High-back chairs—especially in pairs—give a room a more formal air.

## MUSTARD SQUEEZE

A pop of color can liven up a space and energize a room.

*Athena Accent Chair, P9,995, Our Home*



# INTERIOR DESIGNER KIMI MANUEL TALKS ABOUT ACCENT CHAIRS.

**Q WHY DO WE NEED AN ACCENT CHAIR?** “It’s used very often to break the uniformity of furniture sets, to keep the eyes stimulated, and create depth in a space. It also serves as a point of interest in a room, because it is so easy to visually single them out.”

**Q ASIDE FROM THE LIVING AREA, WHERE ELSE CAN ONE PLACE AN ACCENT CHAIR?** “It can sometimes be used in the foyer, bedroom, or even in a large bathroom suite or walk-in closet.”  
Contact Kimi Manuel through [katharinemanuel@yahoo.com](mailto:katharinemanuel@yahoo.com).



# & **HOUSEHOLD HELP** *cleaning tips*

How to run your household more efficiently, from top to bottom

## KEEPING IT CLEAN

### *question*

Should I take off my shoes when I enter someone's home or should I keep them on? Which is more hygienic?



Shoes off or on when entering a house?

If the homeowners request that you take your shoes off before entering their home, you have to respect this. Removing your shoes and leaving them by the door is definitely hygienic because you don't bring inside the home the dirt that your shoes have picked up. This is especially important when there are small children playing on the floor. In a condo unit, the no-shoes policy starts at the door. But for houses, I find it acceptable to walk past the main door with your shoes on. However, you should take them off before going upstairs to the bedrooms. Some homeowners are embarrassed to tell guests about their no-shoes policy, so they put a doormat at the entrance where guests can wipe their shoes before entering the house. Others put a basket of washable slippers by the door. This is a subtle way of telling guests to remove their shoes and wear slippers that are washed after each use. —Marivic Arambulo



## Is there an inexpensive way to clean glass and mirrors?

Absolutely. Try this formula for an inexpensive and non-toxic glass cleaner:  $\frac{1}{4}$  c. white vinegar,  $\frac{1}{4}$  c. isopropyl rubbing alcohol, 1 Tbsp. cornstarch, 2 c. water. The cornstarch will keep your glass and mirror streak-free. —Marivic Arambulo

## Q

I USE ORDINARY PLASTIC HANGERS. SHOULD I INVEST IN EXPENSIVE ONES?



Wooden hangers are the best way to hang your clothes because they are sturdy, durable, and they will keep your clothes from getting wrinkled, crushed or misshapen. However, they are expensive and are not necessary for all your clothes. Blazers, coats, and jackets will keep for a long time when hung over wooden hangers. Yes, these hangers are expensive, but if you paid a lot for your outfits, then you'd be wise to invest in hangers that will help maintain their shape. Use fabric-covered hangers for silk, satin, lace, or other delicate materials, so the latter don't snag. Try velvet hangers (they come in a black-triangle-with-chrome hook), which are very popular now because of their non-slip surface, and the price difference between velvet hangers versus plastic ones is minimal.

—Marivic Arambulo



## MAID MATTERS

### Q THE AGENCY SENT ME A MAID WHO IS 15 YEARS OLD. IS THERE A LAW AGAINST EMPLOYING UNDERAGE MAIDS?

The Kasambahay Law states that the minimum employable age is 15 years old. However, there are other things to consider before hiring someone this young. At 15, she is in the process of maturing and learning about life. This is both a blessing and a curse. At this age, you can teach her the “proper way” of doing her duties without having to “unlearn” previously acquired “bad habits.”

However, since she is so young, she may be sensitive emotionally, and may not be able to process the realities of work-life. Then there are the distractions of adolescence, like texting and Facebook. Hiring someone who's 15 should depend largely on your personal assessment of the person.

In addition, the Kasambahay Law ([dole.gov.ph](http://dole.gov.ph)) specifies the conditions under which you can employ someone between the ages of 15 and 18 years old: They can only work up to 8 hours a day and no more than 40 hours a week. They will not work between 10 p.m. and 6 a.m. of the following day. Their work will not be hazardous. And they will not be denied access to education and training. —*Tisha Bautista*

### Q I FOUND OUT THAT MY YAYA AND THE DRIVER ARE TOGETHER. THIS MAKES ME FEEL UNCOMFORTABLE. DO I HAVE A SAY, ESPECIALLY SINCE THEY'RE BOTH MY EMPLOYEES?

Relationships among household staff are always complicated. You are often faced with double the advantage or double the vulnerability. Decide how important each person is to your household because you stand to lose one or both of them. Personally, I find that if you set the ground rules for the entire household, things are less complicated. People will know how to act and what to do. Make sure you are consistent in your actions, do not break the rules you've set, or even make exceptions. Do not play favorites out of fear of losing one member of your staff, or you'll go bananas! Ultimately, the decision is yours. Do what feels comfortable for you. It is, after all, your household. —*Tisha Bautista*

### Q I FOUND SOME OF MY CHILD'S BELONGINGS IN MY MAID'S ROOM. SHE CLAIMS SHE DOESN'T KNOW HOW THEY GOT THERE, BUT I SUSPECT SHE TOOK THEM. WHAT SHOULD I DO?

Unless you have proof, I would first ask her to explain herself. It is difficult to prove theft unless you have evidence or a witness. Talk to her co-workers and get information. Some homeowners may install a hidden camera as a solution. Others may call a “bull session” to discuss the incident. Remember to keep the lines of communication open. If you feel that your maid has breached your trust and the situation cannot be repaired, perhaps letting her go is the best option. You must also be ready to handle the “backlash.” Speak to your remaining staff about your decision. Make sure they understand the reasons for your action. Make it clear that you want to keep your home safe, secure, and harmonious for everyone. —*Tisha Bautista*



### Q MY MAID BROKE AN EXPENSIVE VASE WHILE SHE WAS CLEANING IT. SHOULD I MAKE HER PAY FOR IT?

Accidents happen. You can warn your staff to be careful. You can train them to do their job well. But accidents will still happen. In my opinion, if you are afraid that things may break, perhaps it would be best to put them in a display case or clean them yourself. You can reprimand your staff within reason, but charging them for something they did not do intentionally will probably cost you more than the vase in the end.

—*Tisha Bautista*

## THE EXPERTS



**Tisha Bautista**  
Author of *Good Housekeeping Maid Manual* and *Smart Parenting Yaya Manual*



**Christina Araneta-Ferreira**  
Management consultant and facilitator; conducts workshops on managing household staff



**Marivic Arambulo**  
Owner of The Cleaning Diva



## YAYA CONCERNS



**My yaya likes to wear strong perfume. It's bothersome and sticks to my child's clothes. How do I gently tell my yaya to stop wearing perfume?**

Most people do not realize they're wearing too much perfume until they are told. It would be best to educate your yaya and inform her that "less is more," and that she can save her perfume and use it during her days off. You may want to inform her that you would rather that she not use any perfume while she is with your child.

—Christina Araneta-Ferreira

**My yaya keeps borrowing money from us, and requests that she pay for it by salary deduction. Is there a way to discourage her from this practice without offending her? She might up and leave us.**

Once your help starts borrowing money, it's difficult to put the brakes on because they treat you like a bank without having to pay interest. I tell my staff that they can borrow an amount not more than half their monthly salary. Once the debt is paid in full by salary deduction, they can borrow again, but only after three months. This encourages them to save their money for personal expenses. You may also want to encourage them to open a savings account so they can start saving up for family emergencies. —Christina Araneta-Ferreira



**Q SHOULD OUR YAYA DINE WITH US WHEN WE EAT OUT? SHOULD WE LET HER ORDER HER OWN FOOD, OR SHOULD WE ORDER FOR HER? WHAT IS THE ETIQUETTE FOR THIS?**

This is definitely a cultural dilemma. Most foreigners, who may not even employ yayas, have no qualms about dining with the yaya at the table. For some Filipinos, it's different. Nowadays, it is acceptable for the yaya to sit with the family (usually at the end of the table with your child so she can watch over him or her). It's always good to offer her the option of ordering her own food, but sometimes she may be embarrassed or won't know what to order. This is when you can guide her and suggest a meal for her. If she is young and this is her first job, you may want to teach her proper eating habits at the table, and how to order her meal, etc. She might just be happy with a pasta dish or a sandwich. Remember that she still has to feed your child at the same time. —Christine Araneta-Ferreira





# realLIFE

GOOD DEEDS • WHERE LOVE BEGINS AND ENDS • LIFE LESSONS



## COMMUNITY

The Library Renewal Partnership (LRP) hopes that building libraries will bring communities together and unite the country. This library in Sta. Ana, Manila, was refurbished with the help of the LRP. It now sees plenty of use by the locals.



# How to Save a Life

**He Cares Foundation rescues street children, feeds them, and sends them to school—giving them a real chance for a better life.**

## MANY FILIPINOS ENCOUNTER THE

face of poverty every day, and often it is the face of a child: a little girl selling sampaguita, a boy in his teens walking barefoot, siblings sitting on a sidewalk under the midday sun. And while most people will buy a garland, or hand out pocket change, these token acts will not significantly improve these children's lives.

Brother Joe Dean Sola, a Catholic lay missionary, believes there is something that can be done. Nineteen years ago, during a worship service, he believed he was given a mandate—divine intervention, if you will—to serve God beyond the four walls of his prayer room. “It was like I was being told to look for the most wounded children in society and help them,” he recalls.

“On the same day I received that message, I saw two street children na sobrang dungis, na parang wala silang access sa normal na buhay. Mga paa

maraming sugat, payat ang katawan.”

Brother Joe met them at the waiting shed near his home in Project 6. “I bought them bread and food with the twenty pesos I had on me. I asked them where their parents were, and they said they sleep kung saan sila abutin, and their parents don't care.

“At that point, I sensed that this was my calling. I told them, ‘Kids, from now on, you'll never go hungry anymore.’ I told them...kung gutom sila, pumunta lang sila [sa waiting shed], at tinitiyak ko sa kanila na hindi sila magugutom.”

He also told the two street urchins to bring their hungry friends. The following day, four other children showed up. Brother Joe kept his promise and fed them using his own resources. Word spread, and soon there were eight kids showing up at the waiting shed, then 15 kids.

That promise to two street kids became He Cares Foundation. Its mission, according to its website, is “to help extremely poor street children in Metro Manila, by providing food, clothing, education and medical assistance, as well as spiritual support.”

The foundation, which survives by accepting gifts and donations, is run by Brother Joe and his wife Ardis. The center, located in Project 6, Quezon City, reaches several areas, namely: Agham, Looban, Tala, Sauyo, NIA, Forestry and Tandang Sora, and a community in Montalban.

Brother Joe explains, “We find those that are most deserving of help. Children who have run away, or have been abandoned by their families, and orphans. We find them in the streets, in the slums...but some are brought to us. We also have community-based kids, meaning those who belong to poor areas who are still connected to their mother or father. When we find a missing link in their lives—hindi sila makapag-aral, o

makakain nang maayos—we invite them to one of our programs.”

He Cares has five programs: Balik-Loob sa Diyos seeks to bring street children and their parents closer to Jesus Christ through prayer and worship meetings, Bible storytelling, and counseling.

Balik-Kalusugan aims to provide regular quality feeding for street children (fondly called a “feeding” party), as well as health care through regular medical and dental check-ups.

The Balik-Bahay helps children reunite with their immediate families. Brother Joe explains, “Kapag may nakita kaming batang lansangan, we try to connect him or her to the closest relatives. Kapag hindi namin mahanap, we offer them shelter.”

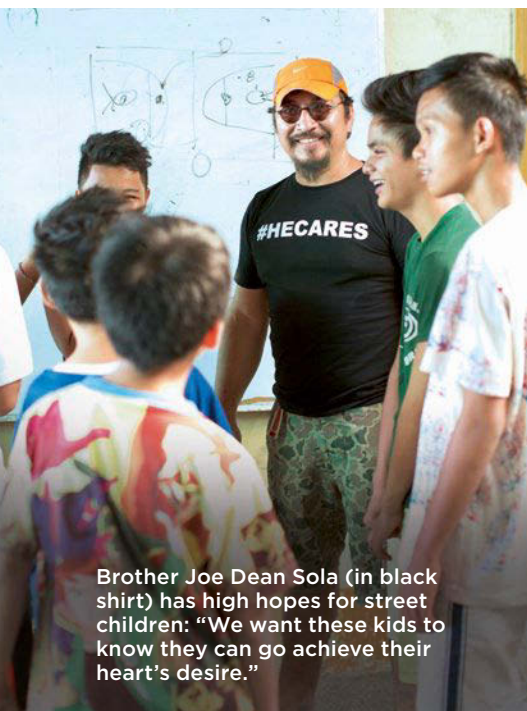
Balik-Hanapbuhay gives families of street children livelihood opportunities—from providing microfinancing to mentoring newbie entrepreneurs to setting up simple barbecue stands.

Balik-Aral works toward providing educational opportunities for as many children as possible through scholarships.

Brother Joe says quite proudly, “Our first-ever college graduate is now an architect. She was Grade Five when she stopped; we helped her go back to school. Now she's working in Abu Dhabi. Three years ago, she was able to buy property, and she pulled her family out of the slums. So far, we have 30 college graduates.”

He shares more good news: He Cares is finally moving to its own building at No. 9 Mines Street, Barangay Vasra, Project 6, Quezon City.

Brother Joe likens the setup to a family living in an apartment: “It can house 100 kids. Each room can accommodate 10 boys or 10 girls, with a social worker, a sort of den father or mother, staying with them,” he says. The building will have a clinic, a multi-purpose hall, playground, and, of course, a prayer room.



Brother Joe Dean Sola (in black shirt) has high hopes for street children: “We want these kids to know they can go achieve their heart's desire.”

Text by Maita de Jesus. Photograph by Heidi Aquende.

**If you would like to help He Cares Foundation, please contact Brother Joe Dean Sola at (632) 928-8910, (63917) 654-3699, or you can visit their website at [hecaresfoundation.com](http://hecaresfoundation.com).**





A vice president for an international firm, Quintin Pastrana makes time for his advocacy through the LRP.

## Building a Nation with Books

The Library Renewal Partnership aims to build an interconnected archipelago of informed citizens, through the quiet power of libraries.

**BARANGAY 105, MORE POPULARLY KNOWN AS SMOKEY MOUNTAIN** in Tondo, Manila, is home to some 6,000 families, with half of the residents making a living by scavenging. Here, pathways muddied by the recent rain, and littered with rocks and trash, snake through the temporary housing settlement. One of the paths leads to a structure with a rusty corrugated steel façade, and within this structure is a room with hollow-block walls, a leaky roof, and no windows.

The power has gone out, but with the dim light coming in through the doorway, one can make out low tables and small chairs, as well as two shelves set against perpendicular walls: one filled with toys, and another with books.

Amazingly enough, Barangay 105, a community of informal settlers—formerly referred to as slum dwellers and squatters—has its own library.



Teens hang out at the Joy Kiddie Center in Intramuros.

This space, known as the Child Dreamers Community Day Care Center, is managed by Remy Cabello, a resident of the settlement. She holds classes for three- to five-year-old children for two hours every day, but leaves the place open for other kids to come in whenever she's around.

"Maganda talaga nung nagkaroon na kami ng library, tsaka meron kaming toys, meron kaming magandang babasahin," she says. "Lalo na po dito sa amin, less fortunate yung mga bata, so nung makita nila na maganda yung mga libro, naengganyo sila. Gustong-gusto nila laging magbasa."

Most of the books were supplied by the Library Renewal Partnership (LRP), a coalition that believes libraries bring communities together, which in turn contributes to nation building.

"The Library Renewal Partnership is a public-private partnership of different literacy providers and champions across the Philippines, and some overseas, that are helping build community education centers around the Philippines," says Quintin Pastrana, managing director and founder of the LRP. "They are basically reinventing libraries to service more of the community needs. We're not just looking at reading per se, but we're looking at community activities, classes, social events, and all that, because the library happens to be, as they are in other countries, a community resource. And that's really the way communities are built together, and that's how nations are built, through these communities."

Quintin initially got the idea in 2008, as a graduate student at the University of Oxford in England. He wrote a paper on public-private partnerships in education, and found "that community libraries tend to be the most strategic resource, especially for developing countries, because of their central location,



because of the fact that they're really a community democratic resource—anybody can come in, whatever background, whatever income level, whatever gender orientation, religion.”

The paper showed that, while libraries from Nepal to South Korea to the U.K. were indeed different, “The common denominator is that the community needs them, uses them, and grows because of them. So we thought, ‘Why not reproduce that in the Philippines?’”

Quintin and a few volunteers began with an experiment in Kalibo, Aklan, in 2010. It took them two years to build a library, but they have since tweaked their process. “Now, more partners have joined us, so rather than taking a year or two to build a library, it takes us two months, even two weeks, depending on how the community is,” he says. As of last summer, they have built or refurbished 85 libraries—on track to meet their goal of 200 libraries by 2020.

“We’re less than halfway to our goal, and we have more applications for libraries than we ever imagined,” says Quintin. “We have a nice problem on our hands, which is, many people want it, and now we’re matching resources. People want to build libraries, whereas before people were thinking it was obsolete, a waste of money and space. Now, people are thinking: no, this is good politically, this is good developmentally, good educationally.”

The LRP doesn’t necessarily start from scratch when it comes to building libraries. “There are existing libraries that don’t have the funds to produce a relevant collection of books or e-books or computers, and we come in to

catalyze the process,” explains Quintin.

In Tondo, for example, the LRP supplied at least 60 to 70 percent of the books, plus DVDs.

And while they have partners like National Book Store, Bato Balani, and Adarna giving books that serve as the core collection for each library, the LRP still gladly accepts donations. “By crowd sourcing, we get more variety for everybody in terms of the kind of books they need.” This means that the LRP collects all kinds of books.

“I had friends who used to give romance novels. The funny thing is, we thought, ‘We have to be intellectual snobs and reject this,’ but no. Because public libraries are a democratic space, we’ll take anything that’s tasteful and morally or universally acceptable,” says Quintin. “What happened is, the people who started out with romance novels have actually graduated to *Catcher in the Rye* and other literary genres.”

The libraries have also turned into more than just a place to read. Barangay 105’s Remy says that the Child Dreamers space is also used for graduation rites, storytelling, and feeding programs. Another library revamped by the LRP, the Arsenio H. Lacson Public Library in Sta. Ana, Manila, likewise sees plenty of activities (like rotary club meetings), aside from attracting about a hundred students a day from neighboring schools. Quintin believes *that’s* what it’s all about.

“The paper says it’s a public-private partnership, and we’re looking at community clusters. These are nice

Western terms, but really, what we’re trying to do is revive the Bayanihan spirit through community centers,” he reflects. “Some people say it’s dead, some people say it’s asleep. No, it’s there. We just need a channel for it. And I think libraries are the best way to do it because of their location, and the fact that they focus on education and social events and community bonding.”



The Intramuros library has proud rows and rows of books.

**THE LIBRARY RENEWAL PARTNERSHIP accepts pre-loved books and computers, and welcomes volunteers. Visit [librarypartners.com](http://librarypartners.com) for more information.**



#### Sta. Ana

Of the library in Sta. Ana, Quintin says, “When we came in 2012, the book collections were quite old, to the point that they weren’t relevant for the demographic. Manila has a very young demographic. So we were able to get from our partners more relevant materials like good pocket books, *The Harry Potter* series, DVDs for the kids. We put up a video room here, and that helped bring in more people.” The free WiFi helps, too.



#### Tondo

Quintin has high hopes for places like Barangay 105. “We think that in a few years after the library gets set up, the crime rate will go down because you basically gentrify the community. People come together, they solidify their bonds, and that really helps.”



#### Intramuros

Another library is housed within the Joy Kiddie Center in Intramuros, Manila. The LRP supplied about 30 percent of the books, aside from donating DVDs and a laptop.



學習褲

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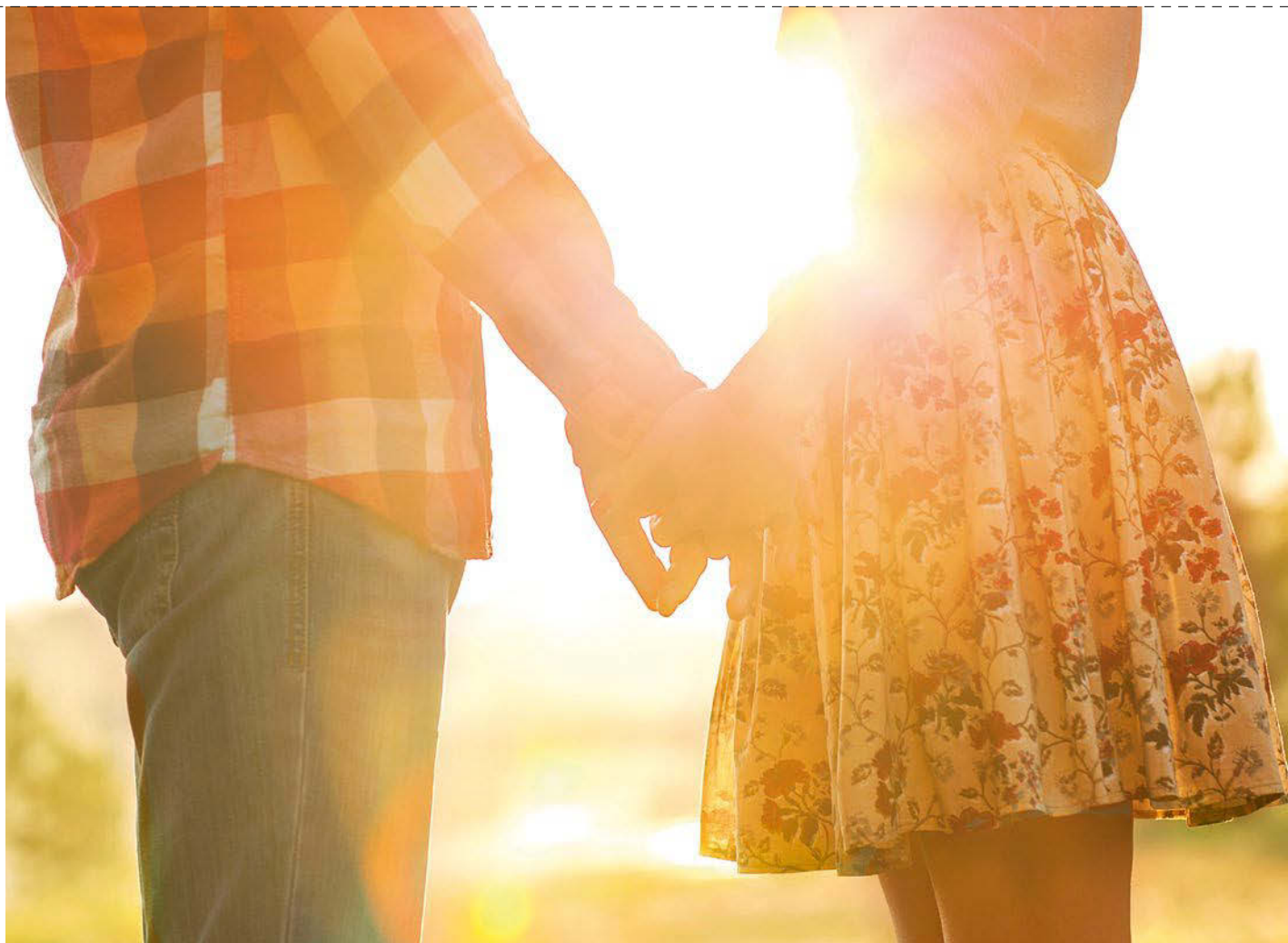
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# HOW I FELL IN & OUT OF *love*

Women recount the magical moment they fell for their partners—and the point in time they realized that it was time to call it quits.

We spent the whole day together visiting churches, and we attended a family affair of his. Our last stop was the Antipolo Cathedral for Mass. As we walked back to the car, he held my hand for the first time, and I swear, I felt a tingle down my spine. I was never the same way after that. It's still so clear to me that that was the point **I fell in love** with him.

I realized **I'd fallen out of love** with him at the strangest time. We weren't fighting, I wasn't angry or sad, but something inside me clicked and I thought, "Enough is enough." The details of what went horribly wrong in our relationship—his constant womanizing (I found out about the other woman three weeks after I gave birth), his drug dealing (this, I discovered when our daughter was four months old), and his neglect of our daughter and me—gathered like a storm in my heart, and I finally let him go.  
—Maita, 31



**I really fell in love** with him the day he told my dad I was pregnant. He chose to tell my dad when my dad was bragging about his guns.

**I knew I had fallen out of love** when I realized that I would never be happy with him. We have different values and beliefs. His needs are based on his love language—receiving gifts and getting quality time—which I always tried to provide. I value acts of service and words of appreciation, which he never gave me. I also realized that his love of gadgets and personal things would always come first.

—Karina\*, 33

There was no single moment wherein I knew **I had fallen in love**. When he was first introduced to me, I had this gut feel that he would play a significant role in my life.

I realized **I had fallen out of love** when he quit his job for the third time—without first consulting me. It had become his habit to resign without any fallback. He would be unemployed for months, and that meant I had to take care of the bills, including his mounting credit card debt (he would buy action figures and comic books although he was still unemployed).

—Rochelle, 36

We were good friends, but we were not in love. We had an arranged marriage so that I could stay in the U.S. Eventually, **we came to love each other**. He is a very good father to our son, and I grew to love him.

**I fell out of love** because of his life choices. His lifestyle of smoking and growing pot was not ever going to work for me. So I left him. We decided to end it before we lost respect for each other. We remain good friends.

—Nicole\*, 35

I think **I fell in love** with him because we were together every day. We were both trying to make ends meet, and going through the same trials, so I assumed it was love.

**I fell out of love** with him because we would fight and cuss at each other whether or not we had company. I got so fed up that I said we should break up. He agreed the first time, so he took the kids and left. He tried to win me back. He visited me every day, and promised that things would change for the better. I relented and got back together with him.

But it seemed he was only going through the motions for the sake of the kids. In December last year, I told him I didn't want to do this anymore. He was furious, but I wanted my life back—for good.

—Christina\*, 37

**I realized how much I loved him** when I forgave him, and even married him, after I found out about his two other girlfriends. The two girlfriends contacted me through Friendster, asking if we could meet in person. One even claimed he got her pregnant, but she had an abortion with his consent. In my mind then, I thought that he had chosen me, proof that he really wanted to be with me. We got married after two years of being together.

**I realized I stopped loving him** when I stopped hoping he would come back, like he had done over and over after our fights. He never reached out to me nor tried to work things out. He filed for an annulment a month after he left. I guess he wasn't ready for the responsibilities of marriage.

—Vanessa, 34





My ex-husband and I were childhood sweethearts. I cannot really say when **I fell in love** with him. Since childhood, I was conditioned to believe he was my destiny. When we finally wed in 2002, I knew it was the beginning of my happy ever after. He doted on me and took care of me. Our friends said he worshipped the ground I walked on. With a husband like that, what more could I ask for?

Three years into our marriage, I was pregnant with our second baby. So was his mistress. When **he finally decided to leave us**, it was because he loved her—the other woman. It was like a slap in the face. My happy ever after turned out to be a nightmare. This was in 2005.

In 2011, my annulment was finally granted. I learned that for as long as nobody died, it is not the end of the world. Even if I was not lucky in my marriage, I have been blessed with two beautiful sons. I have since rekindled my relationship with God, who never fails to remind me that He loves me, and that is more than enough.

—Ann\*, 42

**He's not a morning person and has a hard time getting out of bed. I had a big presentation one morning, and he surprised me by showing up to wish me luck before I went to work. That was when it hit me that I had feelings for him.**

I don't know if people can actually pinpoint the exact moment they **fell out of love**, because I believe it happens gradually—like corrosion. If it's really love, it can't disappear just like that.

Even after he left our baby and me, I still loved him and held on to the hope that we could work things out. But time and distance eventually did their work. Slowly, I began to see how badly I was treated—going through labor alone because he had passed out, drunk again—and one day, I realized I had no desire to be with him anymore.

I have no regrets. I loved intensely and wholeheartedly. I had my heart broken spectacularly. We have a wonderful son. Life is still amazing.

—Cassandra\*, 35



Sparks didn't fly the first time we met; I was trying to get over a bad breakup. When we met the second time, we couldn't stop talking to each other. We went out on dates. He gave me flowers, surprised me with gifts. He was the sweetest guy, and **I fell for him.**

I learned about his infidelity two months into our relationship. He had slept with his ex; she told me about it. I forgave him because I loved him.

I discovered his second infidelity three months after I gave birth to our first child. He had gotten another woman pregnant, but she decided to have an abortion. Again, I forgave him because he promised to be faithful.

Although I was shattered, I opted to stay in the marriage because I didn't want my baby to grow up in a broken family. Besides, my parents would be hurt if they knew I was in a failed relationship.

One day, he stopped providing for us. I was so ready to leave him, but I

found out I was pregnant with our second child. So I stayed.

I caught him cheating a third time. I found a letter from a woman who wrote in detail about their activities in a motel room.

I caught him cheating a fourth time. My daughter showed me a sex video of a woman and her father on his laptop. Nanlamig ako at nanginig. I prayed, and I heard a voice whisper in my ear, "Tama na." The day after, I talked to him and said, "Ayokong dumating ang araw na isipin ng anak kong babae, na okay lang siyang lokohin ng lalake dahil ganon ang ginagawa ng tatay niya... Sana kung talagang di mo mapigilan magmahal ng iba, puwede ka naman umalis... Maging mabuti na lang tayong magulang, 'yon ang pinaka-mahalaga."

**When he left**, para akong nabunutan ng tinik. Para akong nakalaya, and I felt like he couldn't hurt me anymore, or make me feel worthless. I also realized that some people would never change. They can hurt you, betray you, and take you for granted—if you let them.

—Karen\*, 31



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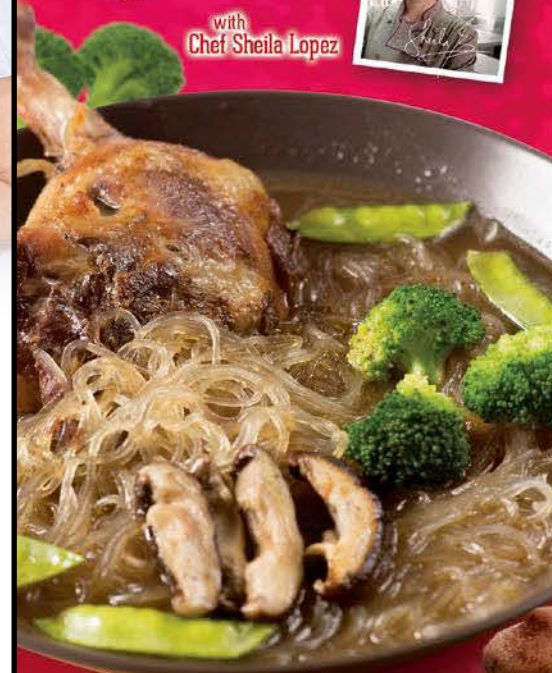


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## Cook like a Chef

with  
Chef Sheila Lopez



Preparation Time : 25 minutes  
Cooking Time : 35-40 minutes  
Serves 2

### Sapporo Vermicelli w/ Braised Duck in Broth

#### Ingredients:

For the duck:  
• 2 duck legs  
• 1 white onion, sliced  
• ½ cup peanut oil  
• ½ cup white wine

#### For the soup:

• 200 grams Sapporo Long Kow Vermicelli (sotanghon)  
• soaked in hot water until al dente

• 100ml reserved duck broth (broth from roasting)  
• 1 liter chicken stock  
• 1 tbsp. soy sauce  
• ½ cup snow peas, blanched  
• ½ head broccoli, blanched  
• 4 shiitake mushrooms, sliced  
• 30ml canola oil  
• Salt and freshly ground black pepper, to taste

#### Procedure:

Preheat the oven to 200°C. For the duck, season them with salt and pepper. Place the duck, onion and peanut oil in a shallow roasting pan. Roast the duck in a 200°C oven for 25-30 minutes. Prepare the vegetables, blanching the broccoli and snow peas. Set aside. Using a small frying pan, put some oil over medium heat. Stir-fry the mushrooms and season with salt and pepper. Set aside. Place the vermicelli noodles in a heat-proof bowl; pour over the boiling water and stir using chopsticks to separate noodles. Drain, refresh in cold water, and drain again. Remove the roasting pan from the oven and skim away the fat. Remove the duck legs, and put them in a warm place. Place the pan over a medium-high burner and deglaze with white wine. Pour over the chicken stock and gently simmer for one hour to concentrate more flavor. Check the seasoning of the broth if it needs more salt and ground black pepper. Strain, reserving the broth. For assembly of the soup, divide the soup between two bowls. In each bowl, divide the vermicelli noodles, broccoli, snow peas, shiitake mushrooms and the roasted duck legs. Serve immediately.

vegan friendly high in fiber rich in protein low in calories

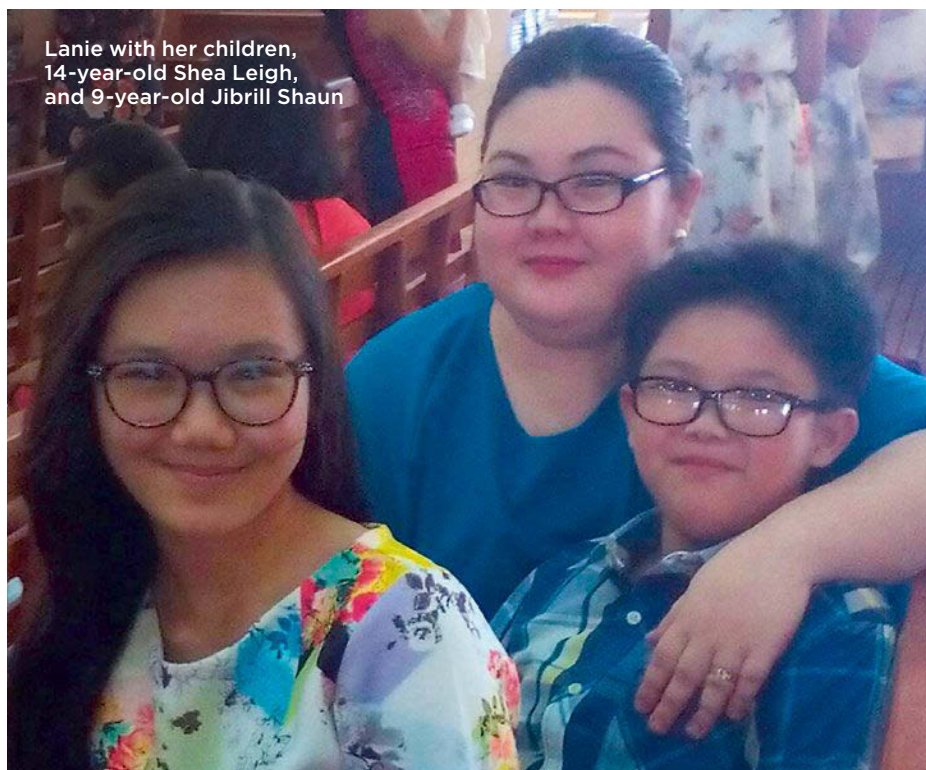
#### Nutrition Facts

• Calories 1546  
• Fat 73 grams  
• Protein 94 grams  
• Carbs 114 grams



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Lanie with her children, 14-year-old Shea Leigh, and 9-year-old Jibrill Shaun

## Taking the bitter WITH THE SWEET

At 35, Lanie Rebanco found herself living with lupus. The disease may have changed her life, but she is not giving up on her hopes and dreams.

**I STARTED MY ONLINE CUPCAKE** shop, Sugar Rush, in November 2014. Orders were pouring in from friends and relatives. We even had orders from abroad—Filipinos who wanted to send cupcakes, cakes, and other baked goods to their loved ones back home. Life was good.

I first noticed the signs of the disease when my daughter and I were on our way to meet a potential client in a mall. I stopped by the ladies' room, and when I pulled my pants down, I saw red spots on my legs and torso. When we got home, I showed the rash to my mom, who said it was probably skin asthma. I had my doubts, so I took photos and sent them to my aunt, a nurse. She confirmed that the rash didn't look normal, and advised me to go to the emergency room of a hospital. The ER doctor diagnosed me with hypersensitivity vasculitis (inflammation of a blood vessel), wrote a prescription, and sent me home.

The next morning, I felt like someone was breaking my bones. I had high fever,

difficulty breathing, and sores in my mouth. The blood vessels in my legs and feet were even more swollen and I could no longer stand and walk. I was admitted to the hospital that day.

I was diagnosed with lupus. [Lupus is a chronic inflammatory disease that occurs when your body's immune system attacks your own tissues and organs. Inflammation caused by the illness can affect many different body systems, including your joints, skin, kidneys, blood cells, brain, heart, and lungs.—information from [mayoclinic.org](http://mayoclinic.org)]

Lupus has no direct treatment or cure; patients are prescribed medication and sometimes chemotherapy. The doctors gave me medicine to stop the inflammation of my blood vessels. I was also given what I like to call "chemotherapy in tablet form," and meds for my bones.

Every month, I went for a checkup with my rheumatologist who ordered a complete blood count. My days were spent in bed

or lying on the sofa, always indoors, and avoiding sunlight so as not to trigger lupus flares. Walking and standing for a long time resulted in severe body pain. If I needed to go out, I was told to use a wheelchair.

I wasn't the only one affected by my disease. My son was heartbroken. Every time I was admitted to the hospital, he cried and asked when I was coming home. My daughter was so mad, and asked why I got this disease. She also didn't want to talk to me, and became irritated when I tried talking to her.

My parents assumed my parental duties. They took charge of preparing meals and bringing the kids to school. They helped us out financially, buying food, clothes, my medicine, even paying for my lab tests. My husband, who works on a cruise ship, was devastated and wanted to come home. Practicality won in the end—instead of spending money for airfare, we decided to save it for more important things.

The third time I was admitted to the hospital, I wanted to give up because the pain had become unbearable. It was at that moment when I realized I had been through so much and I survived. I found a way to hold on to my God, get past the pain, and forged ahead.

It's been seven months since my diagnosis. My movements are still limited, but I can now help my mom with the chores. I can cook a bit. I'm happy to be able to attend to my children's needs again, like fixing their clothes, preparing merienda, or just spending time with them. My business is slowly getting back on its feet. I've even started accepting reservations for cakes for the holidays.

Lupus has changed my life. But rather than feel down, I decided to keep working. I am not giving up on my hopes and dreams, especially since my children are helping me. There will be good days and bad days. But I know God will not give me more than I can bear.



Lanie Shanzyra Rebanco lives with her family in Las Piñas City. Since her diagnosis seven months ago, she has learned to live with lupus, and manages her shop, Sugar Rush, with the help of people close to her heart.

Photographs courtesy of Lanie Rebanco.



# *your* LEISURE

PET CAFÉS & SALONS • LOVING MANILA AGAIN • TIME OUT • AT MY HOUSE

## SIT. STAY. SMILE.

When times get ruff, spend time with your pets. They're natural mood enhancers and are therefore good for your health. Plus, you're doing them a favor just by giving them your time and attention. (Humans are so much harder to please.) So go ahead and take Scooby out on a date. It's good for the both of you!

Photograph by Heidi Aquende. Shoot location at Whole Pet Kitchen: Pet Deli and Bark-ery.



# PET *pleasures*

**IN THIS COUNTRY OF ANIMAL LOVERS,** it's exciting to see the mushrooming of pet-friendly establishments all around the metro. From pet salons to doggy day cares and hotels, there are now so many businesses that focus on keeping your pets healthy, happy, and ridiculously well groomed. Don't have a pet of your own? Good news: There are cafés where you can enjoy the warmth and good vibes of four-legged friends. (Incidentally, they also serve tea and cake for humans.) We've rounded up five of our fave animal spots in the city—all guaranteed to please your pets and the pet lover in you. Woof & Meow!

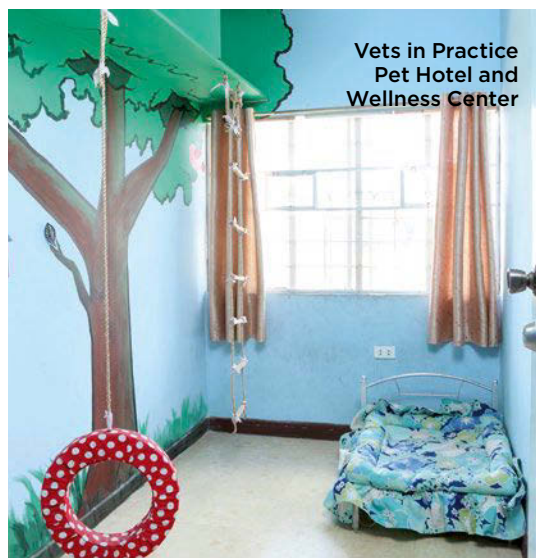
Miao Cat Café



Aromapet  
Grooming and  
Dog Spa and  
Dluxe Pet  
Hotel & Spa

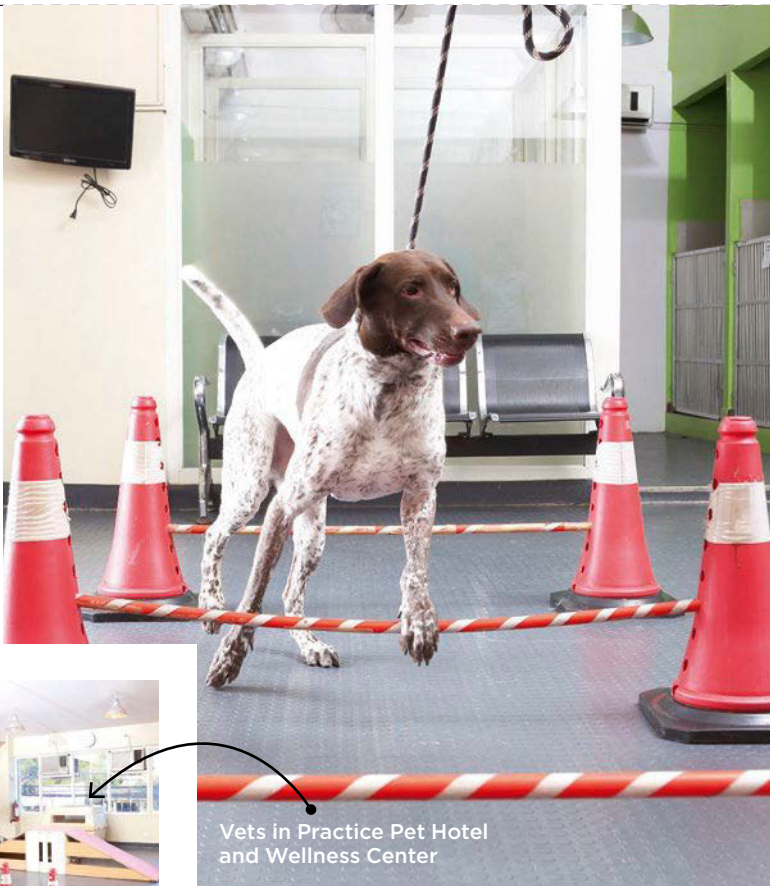


Vets in Practice  
Pet Hotel and  
Wellness Center



Photographs by Kurt Alvarez and Heidi Aquende.





Vets in Practice Pet Hotel and Wellness Center



Miao Cat Café



Miao Cat Café

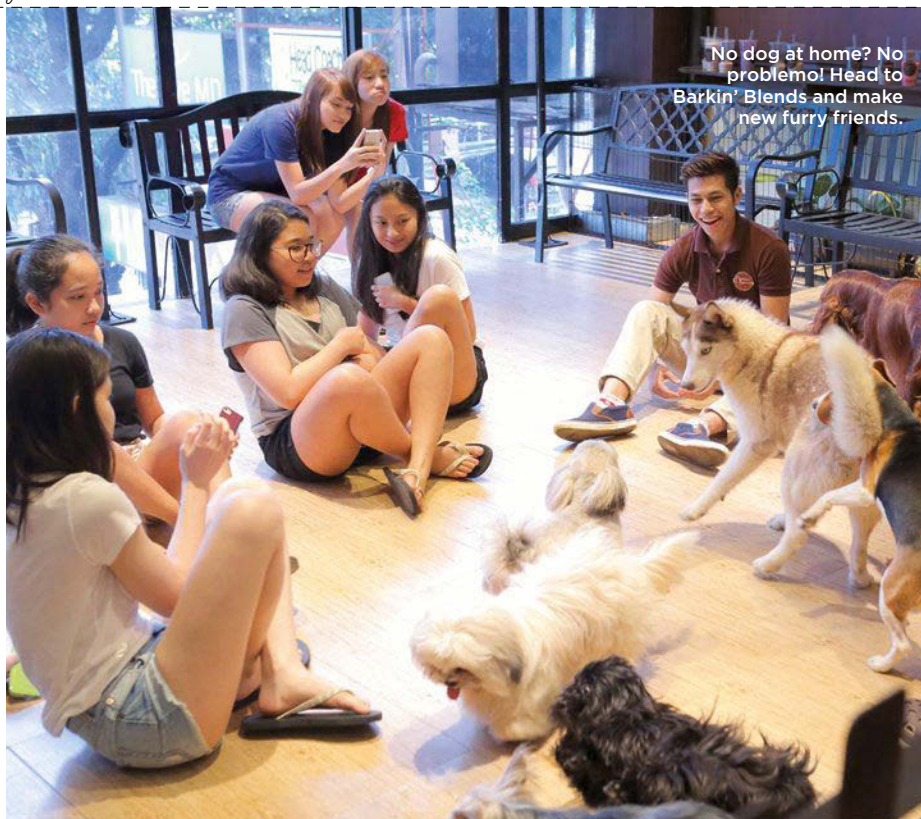


Whole Pet Kitchen: Pet Deli and Bark-ery



Vets in Practice Pet Hotel and Wellness Center





## instant **FRIENDSHIPS** with the canine race at Barkin' Blends Dog Café

**CRAVING FOR SOME CUDDLY** company? Head on to Barkin' Blends, located in the Katipunan area. This dog café has 23 resident canines with 15 dog breeds. Expect to find between 15 and 18 dogs at the café when you visit. No outside dogs are allowed at the café at this time, but the owners will soon be expanding and offering food for both their human and canine guests at a site in the same building, so that's something to look forward to.

The venue features a Dog Zone that is separate from the café area. Here, only sealed drinks are allowed. Plus, Dog Zone visitors are required to sanitize their hands and take off their shoes before entering. Once inside, it's canine-lover heaven. There aren't any dog toys or treats in the area; instead, you can pet and play with the animals yourself! All of the dogs at the café are up-to-date with their vaccines and are very sociable. Dog handlers are also present to make sure that rules—no horseplay, no pulling of tails—are followed. They

also double as emergency potty and tinkle cleaners.

Planning a visit? Owner Bernadette Aboganda, whose family owns all the dogs who "work" at the café, advises customers to come as early as possible, since they are often full starting at 2 p.m. until closing. (Also, you're jockeying for the limited parking slots in the building.) They don't take reservations, so it's first come, first served. Fortunately, you can take a meal or snack in the human zone while waiting for your turn with the dogs.

**What to try:** Big Martha Deluxe Hamburger, P150. Carobinara Pasta Carbonara, P120. Marley 'n' Cheese Macaroni and Cheese, P120. Wintermelon Milk Tea, P75.

**Address:** 2/L J&R Concon Building, 91 Rosa Alvero Street, Loyola Heights, Quezon City  
**Tel. Nos.:** (632) 533-7296, (63927) 252-4013  
**Websites:** [barkinblends.com](http://barkinblends.com), [facebook.com/barkinblends](https://facebook.com/barkinblends)  
**Operating hours:** 12 n.n. - 9 p.m., Wednesdays to Mondays (closed on Tuesdays)



### REMINDERS FOR FIRST-TIME PET CAFÉ PATRONS

Excited about your first visit to an animal café? We asked the owners of Miao Cat Café and Barkin' Blends Dog Café for tips on how to have an enjoyable experience when you do drop in.

**Read the house rules.** Pets, like children, can be fragile and unpredictable. Animal cafés usually have strict rules regarding the safety and handling of their pets. You'll probably be told not to feed the animals any food or drink brought in from outside. If you're asked to remove your shoes, that's because footwear bring in dirt and disease, as well as hurt paws and tails more than bare feet would, should you accidentally step on the furry things.

**Don't get rowdy.** Animals will often react to the energy you bring in. Engaging in horseplay, poking the pets, or teasing them by tugging at their fur, tails, and ears are surefire ways of getting yourself escorted out.

**Children should be supervised at all times.** While the pet café may have handlers trained to manage the dogs, it's still important to watch your own child. Get ready to swoop in, should your child's behavior deviate from café rules. Note, too, that pregnant women are not allowed inside the café.

**No flash photography.** By all means, snap away. But resist the urge to use a flash as this can hurt the animals' sensitive eyes and cause them to flinch or snap. Some cats have been known to jump or swipe at cameras when the flash goes off. To be on the safe side, just find a brightly lit area for your photo ops.



# kitty THERAPY

## at Miao Cat Café

### IF YOU'VE HEARD OF THE POPULAR

cat cafés in Taiwan and Japan, you'll be pleased to know we've got a few of them! One is Miao Cat Café, owned by sisters Loida Ramos-Benson and Sam Ramos. The sisters found themselves in need of a way to support the large number of cats they'd adopted, and after hearing about the cat cafés in other parts of the world, they decided to open their very own cat café in February this year.

Grown-ups and kids alike will enjoy getting to know the cuddly felines at this cozy café, which features a sunny little balcony where the feeding usually takes place, and a couple of raised areas strewn with colorful plush pillows.

At present, there are 18 to 20 resident cats of over 10 breeds, but the owners hope to raise the number of in-house kitties to 25 or even 30. They have over 40 cats of their own, with some residing on-site. No outside cats are allowed in the main café area for now. So, as much as you want to bring your feline furbaby with you, it might be best to leave him/her home. You're also required to remove your shoes and disinfect your hands before entering the café proper.

The door fee is P300, which allows you to stay for two hours, and comes with a drink and your choice of a pasta dish or two pastry options. Additional orders range from P120 to P150 per person.

The sisters highly recommend making a reservation: weekends start filling up as early as two weeks prior to the date, since the café seats only 35 to 40 humans. Big groups should reserve at least three to four weeks in advance. (Six parking slots are available for the cars of humans at nearby Filoil station, but these can get filled up on weekends.)

**What to try:** Hot Chocolate Mallow, Strawberry Milkshake, Pesto Pasta, Blueberry Cheesecake, Red Velvet Cheesecake. (Meals are covered by the door fee.)

**Address:** 2/L of Cake2Go, 7 Congressional Avenue, Barangay Bahay Toro, Project 8, Quezon City  
**Tel. Nos.:** (63925) 877-7617, (632) 274-7937  
**Facebook:** facebook.com/miaocatcafe  
**Operating hours:** Two-hour sessions start at 11 a.m. - 1 p.m., 2 p.m. - 4 p.m., 5 p.m. - 7 p.m., 8 p.m. - 10 p.m. daily



**1 & 2** From Puspins (Pusang Pinoy) to Persians to Scottish Folds, there's a cuddly cat for everyone at Miao Cat Café.  
**3, 4 & 5** Your P300 door fee gets you two pastries or a pasta dish.







Spoil your pooch by giving his/her paws a relaxing aromasoak treatment.

## PET pampering

### at Aromapet Grooming and Dog Spa and Dlux Pet Hotel & Spa

#### PLANNING ON GOING OUT OF TOWN FOR SOME

R&R? Make sure your pet gets the same treatment at this animal spa-slash-hotel. Here, you can board your cat/dog while you're away and get him/her babied with relaxing "spa" treatments—from milk paw and aromasoak treatments to 30-minute pet massages and pawdicures. (If you get a bit jealous, there's a Pet and Master Spa package available for P700.) And if it's your little one's "barkday," celebrate in style by renting out the kitschy, colorful common area and ordering a pet banquet with delish treats and giveaways for your pet's furry pals.

Pet hotel accommodations cost P800 a night for a deluxe room, with an additional P600 for the second pet; P1,000 a night for a suite; and P1,200 a night for a family room, which is good for three small-breed dogs or cats, or two large dogs. These rates are not inclusive of food for your pet, but all rooms are air-conditioned and include a bed and toys. Owners are, of course, encouraged to bring their pets' personal toys and beddings to give them a sense of home. (Fair warning: humans may have a hard time finding parking space in front of the establishment, which is on a busy street.)

Your pets will get daily exercise inside the fenced Dog Park area, and Pet Nannies will be on-hand to pamper your babies during their daily playtime, feeding time, and bedtime. For further relaxation, the hotel plays classical music throughout the day, and if you feel the need to check on your pet, you can do so via FaceTime or during the hotel's scheduled viewing times.

**Address:** 133 Tomas Morato Avenue, Quezon City  
**Tel. Nos.:** (632) 215-6878, (632) 372-0681, (63917) 888-8752  
**Websites:** [aromapetspa.com](http://aromapetspa.com); [dluxepethotel.com](http://dluxepethotel.com)  
**Operating hours:** 9 a.m. – 5 p.m. Mondays through Saturdays;  
 9 a.m. – 3 p.m. Sundays

## healthy PETS

### are happy pets at Vets in Practice Pet Hotel and Wellness Center

#### THIS NEWLY RENOVATED PET HOTEL HAS THE

advantage of being attached to a veterinary hospital, so you can leave them here, and rest assured that your pooch or feline will get round-the-clock care with emergency service, if needed. Guests are provided with disposable mats as beddings, which means your pet won't be sleeping on beds previously used by other animals. Owners are encouraged, however, to bring toys and beddings from home.

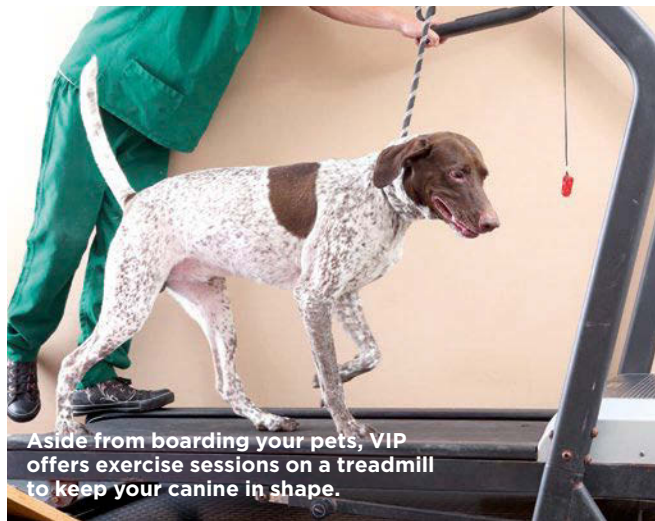
Vets in Practice (VIP) promises daily exercise sessions for your little one. For an additional fee, they also offer daily socialization sessions. Depending on your pet's size, the half-day rate is P400 to P750, and the whole-day rate is P600 to P1,000. For long-term boarding arrangements, the hotel also has webcams installed, so you can watch live feeds while you're away. VIP can house up to 25 boarders with solo accommodations, and up to 45 with sharing. They also accept boarding of birds, rabbits, hamsters, snakes, hedgehogs—any kind of animal—as long as they're healthy.

If your pet has been injured or has special needs, you can talk to VIP specialists about physical therapy and rehabilitation options—like water therapy, which makes geriatric pets or post-surgery patients exercise in the center's Jacuzzi, to build and retain their muscle strength. Other treatments (like laser acupuncture) can help with pain management, strengthen the immune system, and deal with musculoskeletal and neuromuscular issues.

At VIP, the staff believes that it's not just about extending the life of your pets, it's improving the quality of their lives.

(Ongoing roadwork in Maysilo Circle may cause traffic, but the center itself has at least six parking slots.)

**Address:** 63 Maysilo Circle corner Boni Avenue, Mandaluyong City  
**Tel. Nos.:** (632) 470-7987, (632) 470-7478, (63915) 352-1587  
**Websites:** [vetsinpractice.com.ph](http://vetsinpractice.com.ph)  
**Operating hours:** 9 a.m. – 6 p.m. daily



Aside from boarding your pets, VIP offers exercise sessions on a treadmill to keep your canine in shape.





# HAVE A *date* with your doggie at Whole Pet Kitchen: Pet Deli and Bark-ery

**IF YOU'VE GOT A PET** who loves tagging along when you're out and about, it might be a challenge to find a café or restaurant that'll feed both you and your furbaby. Enter Whole Pet Kitchen, which encourages humans to bring their pets with them, especially since there's a doggy menu served right alongside the human menu. In fact, your dog is welcome to sit right beside you and chow down on the excellent home-cooked meals by Chef Giannina Gonzalez, who promises that her animal dishes are made with human-grade ingredients, contain no harmful preservatives, no refined sugars, no salt, and are vet-tested and -approved. (If your canine companion is a messy eater though, he should probably take his meals on the floor.)

Feel like rewarding your four-legged buddy with a savory treat? Order the restaurant's best-selling Jack's Lasagna, which is actually named after the owner's golden retriever and chief taste tester, who is frequently at the store himself. Some customers even come to the store just to see him!

**1** At Whole Pet Kitchen, your pet can eat on the floor or at the table with you. **2 & 3** Bestsellers from their doggie menu include lasagna and paw cake. The cozy café offers take-out meals for both humans and pets.

You can call ahead and pick up your orders. There is limited street parking, but turnover is fast because patrons usually buy for takeout.

If your pet's birthday is coming up, you can book the cozy venue for an intimate party for 12 to 15 pets or humans, or order their made-for-pets cakes, which are carefully decorated with icing made out of sweet potato puree. (There are both canine and feline options.) These can be tweaked for any allergies or sensitivities your pet may have, as the bark-ery offers grain-free and special formula versions. Also available: healthy animal treats like beefy biscotti, biscuits, muffins, and sweet potato chips. Tasty rewards for well-behaved cuties!

**What to try:** For humans, Lalalasagna, P268, Crazy Ape Woofie, P208, and Citrus Cooler, P78. For dogs, Jack's Lasagna, P88, and Small Paw Cake, P288.

**Address:** 349-D C.M. Recto Street (near the corner of P. Guevarra), Barangay Addition Hills, San Juan City  
**Tel. Nos.:** (632) 357-2753 for calls; (63917) 848-8857 for SMS  
**Websites:** [wholepetkitchen.com](http://wholepetkitchen.com); [facebook.com/wholepetkitchen](https://facebook.com/wholepetkitchen)  
**Operating hours:** 10 a.m. - 6 p.m. Tuesdays through Fridays; 9 a.m. - 9 p.m. Saturdays and Sundays



# I KEEP COMING BACK TO *Manila*

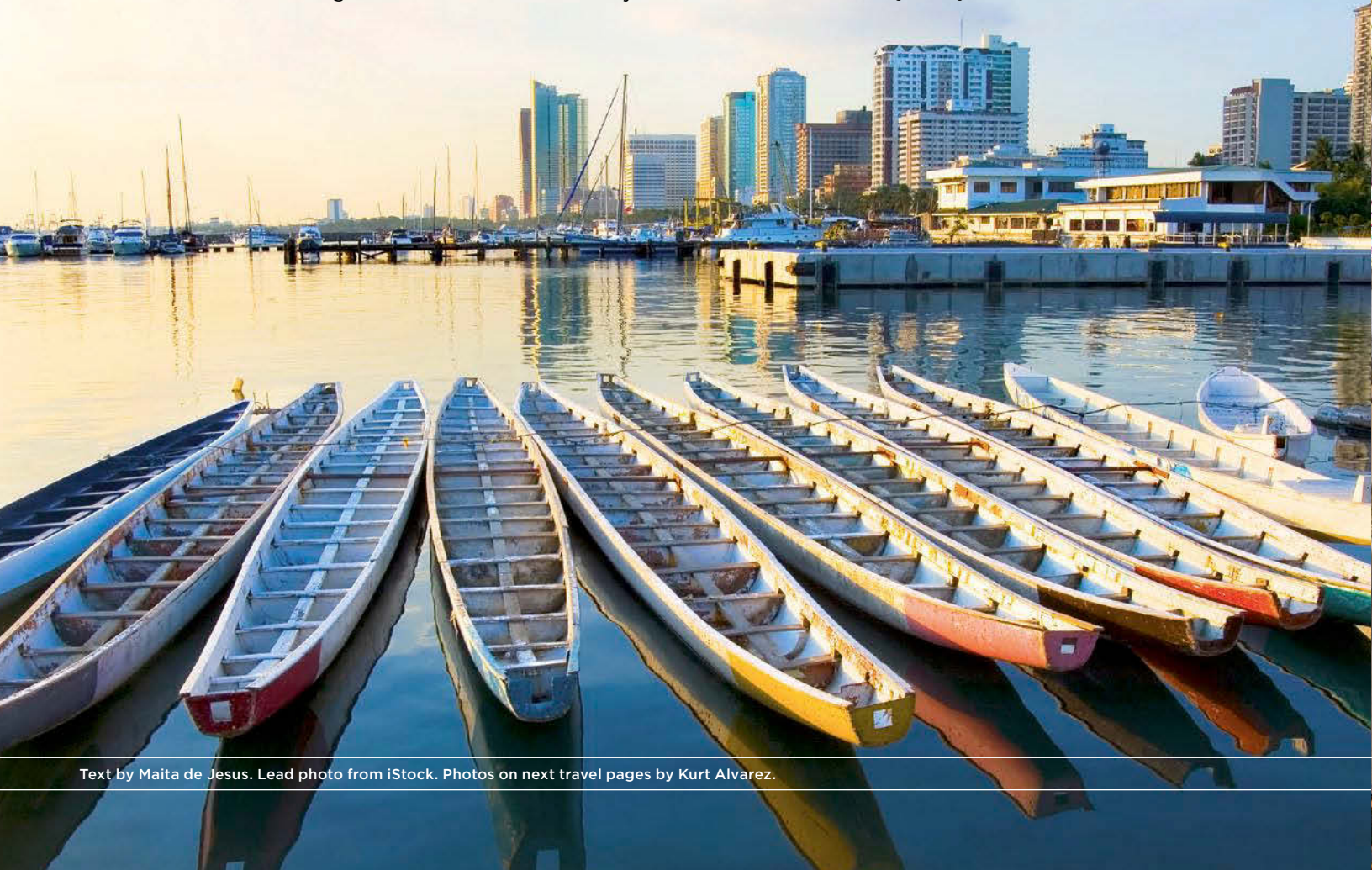
Take a trip to the country's capital and fall in love with it (again) by day's end.

**THERE'S SOMETHING ABOUT MANILA** that makes us Filipinos take it for granted. Its proximity makes it too near to call a visit a vacation or a road trip, it's too urbanized to call it quaint or relaxing, and it conjures thoughts of forced (note: unenjoyable) field trips we used to take as school children.

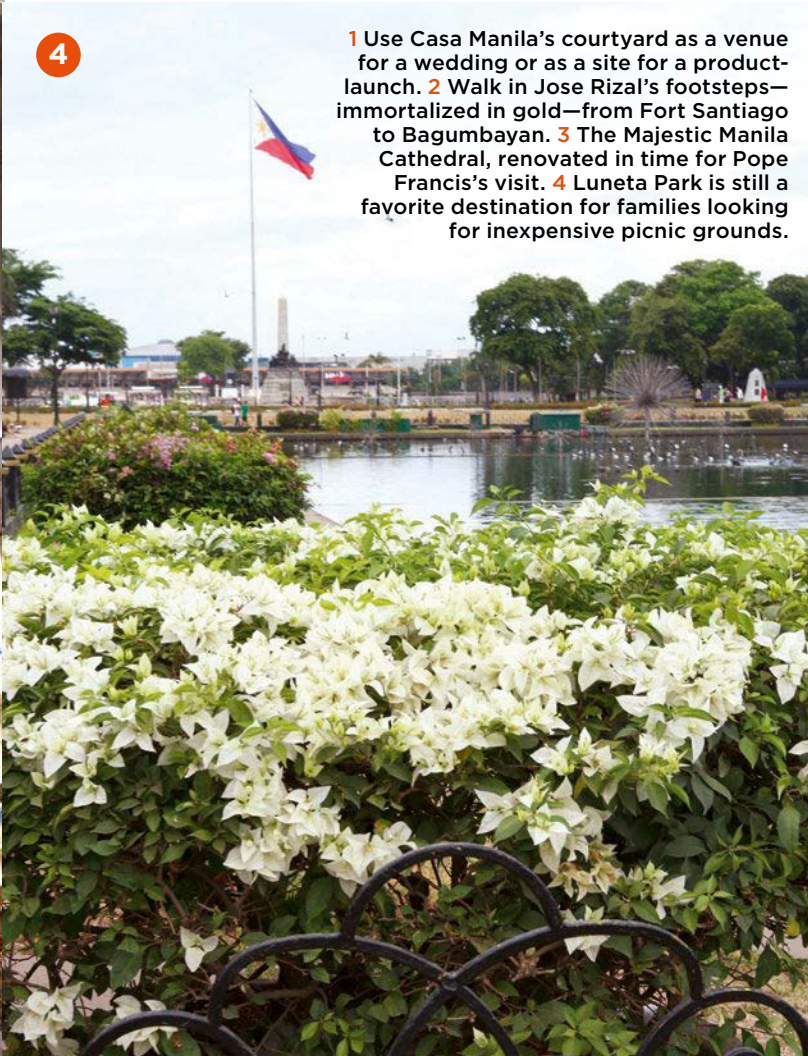
But it wasn't always so. Manila, particularly Intramuros, in its glory days used to be touted as the Pearl of the Orient, the Paris of Asia. It used to be one of the first stops of the finest goods—the first Asian country

to have an ice cream parlor!—due to its strategic location and vast port, besides having the rich and genteel class call Manila its home.

Admittedly, Manila's golden age has come and gone, but its beauty (now arguable) and its history (still undeniable) have inspired recent restorations and renovations, making the city more welcoming and inviting for tourists and locals alike. Take time to rediscover Manila, and perhaps fall in love again with the place Nick Joaquin once called the “City of My Affections.”







**1** Use Casa Manila's courtyard as a venue for a wedding or as a site for a product-launch. **2** Walk in Jose Rizal's footsteps—immortalized in gold—from Fort Santiago to Bagumbayan. **3** The Majestic Manila Cathedral, renovated in time for Pope Francis's visit. **4** Luneta Park is still a favorite destination for families looking for inexpensive picnic grounds.



## MANILA ON FOOT

Recent efforts have been made to make Intramuros a more walkable city, with designated areas for pedestrians, clear one-way streets, and signs showing where to go next and what to do. Get your family ready—early, please—for a day of adventure in and around the Walled City. We've got your itinerary covered!

### 8 A.M.

#### Hear Mass at Manila Cathedral

The Basilica Minore of the Immaculate Conception, better known as the Manila Cathedral, was built in 1571 and rebuilt nine times. The history of the church can be seen in a depiction of it on the cathedral's bronze door, designed and cast in Italy. Aside from being damaged by earthquakes, the cathedral was also destroyed by bombs during World War II. It recently underwent major renovations in time for the January 2015 visit of Pope Francis. Make sure to take a long stroll within its pocket chapels and the surrounding park, and gaze at Michaelangelo's "La Pieta," one of the existing replicas outside Italy.

### 9 A.M.

#### Stroll around Fort Santiago

Less than 200 meters away is one of the oldest fortifications in the country, Fort Santiago. It used to be the barracks of Rajah Sulayman, then ruler of Manila, before it was burned to the ground by Spanish conquerors.

Numerous historical markers and the artillery damage on the fort are still visible today, giving a peek to its longer and deeper history. Fort Santiago, after all, was the military headquarters for all foreign powers that occupied the Philippines. During the Battle of Manila, the fort was destroyed by the Americans to flush out the Japanese. A white cross stands today bearing the names of the many soldiers who died in that battle.

Finally, in 1950, the Fort was returned to the public as a park. Nowadays, it is vastly more peaceful, with noise coming only from a spattering of tourists and visiting student groups. Its sprawling park, fountains, and picnic grounds make it an ideal spot for a leisurely stroll. Calesas lining the streets are great for photo-ops.



Bronze statues, such as those of Manuel L. Quezon and General Douglas MacArthur seated on a bench, seemingly deep in discussion, make for an interesting Instagram photo.

The Rizal Shrine is, of course, one of the main attractions of Fort Santiago: you get to see the room where national hero Jose Rizal was incarcerated before his death. This was where he wrote "Mi Ultimo Adios," a letter of great beauty, lament, and patriotism. The letter may be viewed here in its entirety, with translations in different languages.

At the farthest tip of the Fort, you can see across the Pasig River and into the neighboring city of Binondo. If you and your family are feeling adventurous, walking on the walls around Intramuros, like a soldier on duty, is possible and safe, but there are areas off-limits to the public. Before exiting the Fort, make sure to visit The Manila Collectible Co., a store that sells souvenirs, which are not your usual, run-of-the-mill stuff. Look for Filipino costumes for kids, or bring home a jar or two of the popular Dulce de Yema spread.

### 12 N.N.

#### Have lunch at Ristorante Delle Mitre or at Barbara's

Run by the Catholic Bishops of the Philippines (CBCP), Mitre serves Filipino comfort food and the favored delicacies of the clergy, such as Cardinal Luis Antonio Tagle's favorite yummy silvanas. Also on display are

**1** Larger than life bronze statues depicting Rizal's execution. **2** The Manila Collectible Co., selling one-of-a-kind goods for pasalubong. **3** The San Agustin Museum's art collection. **4-7** The National Museum and its pieces of history.



the different vestments of priests. If you want to go for something tried and tested, Barbara's is just a few meters away, inside the Casa Manila compound. Here, you can sample Filipino-Spanish, as well as European, cuisine in an elegant setting.

### 1 P.M.

#### Be impressed by Casa Manila

Casa Manila was built to depict a typical Spanish colonial house within Intramuros. While its architecture and some of the pieces inside are not completely accurate in terms of time period, there are furniture, cutlery, and beddings which are beautiful antiques. Going around the museum, it's easy to catch just how lavish the lifestyle was of the Spanish and Filipino elite of the period.

While taking photos inside the house is not permitted, you can snap away outside, by the staircase, or





by the fountain within the grounds. Visit tour guide and cultural activist Carlos Celdran's shop, La Monja Loca, found within the Casa Manila compound, for kitschy souvenirs, books, and postcards.

## 2 P.M.

### Visit San Agustin Church and Museum

Named after the founder of the Augustinian order, St. Augustine of Hippo, this is the oldest stone church in the Philippines, and the only one left standing after the Battle of Manila of 1945. Declared a UNESCO heritage site, San Agustin Church was built in the 16th century in the Baroque style of architecture, and reveals Chinese influences ("fu" dog statues are found in the courtyard).

Inside, no inch of the church is left undecorated. Blue-and-white glass chandeliers, black-and-white tiles, and trompe-l'oeil ceiling painted by Italian artists are a feast for the eyes. On one side of the altar is the crypt of Miguel Lopez de Legazpi, founder of Manila. However, with the church ransacked by the British in 1762 during the Seven Years' War, Legazpi's remains have become mixed with the bones of unnamed soldiers and civilians.

Beside the church is the San Agustin Museum, once the San Agustin Monastery, which houses religious art and artifacts from the Philippines, Spain, and Mexico. The church also has a wall crypt, where you may spot famous names such as Juan Luna, Pedro Paterno, and Trinidad Pardo de Tavera.

## 3 P.M.

### Take your time at the National Museum

The National Museum has two main buildings: the National Art Gallery on Padre Burgos Avenue and the Museum of the Filipino People in the Agrifina Circle.

The former is where you can find Juan Luna's masterpiece, the *Spoliarium*. The works of other artists—Felix Resurreccion Hidalgo, Fernando Amorsolo, Vicente Manansala, Botong Francisco, BenCab, Romeo Tabuena—can be found here, too.

Manuel L. Quezon, the first president of the Philippine Commonwealth under the United States, took his oath of office in 1935 on the steps of the National Art Gallery (when it was still known as the Legislative Building).

Another renovated space recently opened to the public is the old Senate Session Hall, which is three stories high

and has floor-to-ceiling windows. The old Session Hall was where Senator Benigno "Ninoy" Aquino Jr. and the opposition delivered powerful privilege speeches, just before Ferdinand Marcos declared martial law in 1972 and changed the face of the legislature forever.

You have to cross the street to get to the Museum of the Filipino People. Showcasing the story of the nation from pre-history to present times, it has a vast collection of ceramics, relics from the galleon trade, colonial pieces, and dioramas depicting our rich and diverse culture.

Admission to the National Museum is free on Sundays.

## 5 P.M.

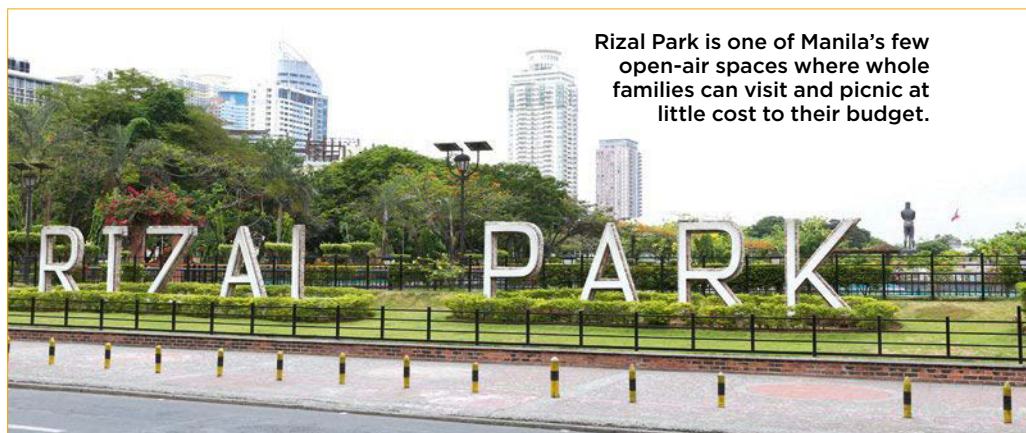
### Walk around Luneta Park

Luneta Park is a popular spot for families to relax and have picnics in, and for friends to meet up at. In the 1700s, Luneta was a public space where people strolled, watched street bands perform, and, on occasion, witnessed executions. This is where national hero Jose Rizal was executed in 1896, which ignited the Philippine revolution against Spain. The Rizal Monument, facing the Quirino Grandstand, is the standard first stop of tourists and serves as Kilometer Zero for the entire country. In the 1950s, Luneta was declared a national park. Attractions not to be missed are: the dancing fountains, the pocket gardens, the Gallery of Heroes, and the sculpture *La Madre Filipina*.

## 6 P.M.

### Catch the sunset at Manila Bay

Cap off your day by watching the sunset at Manila Bay. Witness the sky burst with color as the sun descends into the sea and day turns into night. It's still the best show in town.



Rizal Park is one of Manila's few open-air spaces where whole families can visit and picnic at little cost to their budget.





## HOW TO GET THERE:

If you're traveling by car, take the scenic route—with a view of Manila Bay to your left—via Roxas Boulevard. When you reach Anda Circle, turn right. There is a pay-parking lot beside Fort Santiago and within the CBCP complex along General Luna Street. You can start your walk around the Walled City here.

If you're taking public transportation, take the bus from Makati and get off at Manila City Hall. Walk through the underpass towards Intramuros. You can also take the LRT Line 1, alight at Central station located a few blocks from Manila City Hall. If you get lost, ask directions from the bus and jeepney drivers at the Lawton transport terminal.

## #VIVAMANILA!

Vivamania.org's mission is "to revitalize Manila through arts and culture." It offers free city walks, gallery tours, and cultural workshops. Tour guide and activist Carlos Celdran is a board member of the group. One popular event is the Intramuros Pasyal Sunday. Selected roads inside the Walled City are closed off to cars, so that the public can walk around with families and pets, ride a bamboo bike, watch live performances, eat at food stalls, marvel at artisan crafts, and browse in pop-up shops. Visit [vivamania.org](http://vivamania.org) for more details about upcoming events.

## TAKE A CITY TOUR

Not up for a DIY tour of the city? Join a group and get entertaining history lessons.

### Walk This Way

Carlos Celdran, arguably Manila's most popular guide, hosts fun, informative "performance tours" around Intramuros. Contact him at (63920) 909-2021, email [celdrantours@hotmail.com](mailto:celdrantours@hotmail.com), or visit [celdrantours.blogspot.com](http://celdrantours.blogspot.com).

### Manila for a Day

Dustin Ancheta is touted as the "Cultural Navigator" for this group. A product of the Department of Tourism's 2009 guiding program, and various other trainings abroad, he is the guide of choice of VIPs (like prime ministers and queens). He was the tour guide of Queen Sofia of Spain when she last visited Manila. Contact Manila for a Day at (63939) 397-6478, (63999) 196-4715; email [tours@manilaforaday.com](mailto:tours@manilaforaday.com); or visit [manilaforaday.com](http://manilaforaday.com).

### Old Manila Walks

This organization, run by Ivan Man Dy, brings tourists not just to Intramuros but also to Binondo and Malacañang Palace. Ivan knows his stuff, not the least because he has a master's degree in cultural heritage studies. Contact him at (63918) 962-6452 or at [oldmanilawalks.com](http://oldmanilawalks.com).

### Bambike Ecotours

For a day, rent a bike made out of bamboo and see Intramuros on wheels. You can choose from: the Intramuros Experience, a 2 1/2 hour tour of 10 locations; or the Express Tour, where, for an hour, you choose your own adventure. Contact Bambike Ecotours at (632) 525-8289, (63916) 589-2100, email [ecotours@bambike.com](mailto:ecotours@bambike.com) or visit [bambike.com/ecotours](http://bambike.com/ecotours).

### MANILA CATHEDRAL

Cabildo corner Beaterio Street, Intramuros, Manila (632) 527-3093 [manilacathedral.ph](http://manilacathedral.ph) Open: 7 a.m. – 6 p.m. daily

### FORT SANTIAGO

Intramuros, Manila (632) 263-8821 Open: 8 a.m. – 5 p.m. daily

### RISTORANTE DELLE MITRE

CBCP building, 470 Real Street, Intramuros, Manila (632) 559-5220 Open: 8 a.m. – 8 p.m. daily

### BARBARA'S

Plaza San Luis Complex, General Luna Street, Intramuros, Manila (632) 527-3893 [barbarasrestaurantandcatering.com](http://barbarasrestaurantandcatering.com) Open: 9 a.m. – 5 p.m. daily

### CASA MANILA

Plaza San Luis Complex, General Luna Street, Intramuros, Manila (02) 527 3135 Open: 9 a.m. – 5 p.m., Tuesdays to Sundays

### SAN AGUSTIN CHURCH AND MUSEUM

General Luna Street, Intramuros, Manila (632) 527-2746 Museum opening hours: 9 a.m. – 5 p.m., Tuesdays to Sundays. Church is only open during Masses

### NATIONAL MUSEUM

Taft Avenue, Ermita, Manila (632) 527-0278 [education@nationalmuseum.gov.ph](mailto:education@nationalmuseum.gov.ph) Open: 10 a.m. – 5 p.m., Tuesdays to Sundays

### LUNETTA PARK

Roxas Boulevard, Ermita, Manila (632) 302-7381 Open 24 hours daily





# Time OUT

TAKE THE TIME TO GO WHERE YOU WANT



## ENJOY A DELICIOUS HELPING OF CHURROS AT CHURRERIA LA LOLA

Deep-fried dough dipped in chocolate—that's basically what churros are, but because of the way they're made at Churreria La Lola, they're unbelievably good. Don't be turned off by the long lines in front of the counter; time goes by fast while watching churros piped out of a shiny cooking contraption and fried in 100% olive oil, right on the spot. Order an XLarge churros with 18 pieces, plus a thick cup of Belgian chocolate. (Trust us, you'll polish off the pastry in minutes.)

**What to try:** *Churros classicos XLarge* (18 pieces), P275. *Xuxos* (stuffed churros) in strawberry jam, P120 per piece. *Horchata*, P250 per cup.

**Address:** LG/L Power Plant Mall, Rockwell, Makati City  
**Store hours:** 11 a.m. – 9 p.m., Monday to Friday; 11 a.m. – 10 p.m. Saturday and Sunday

## CATCH UP WITH YOUR GIRLFRIENDS AT NIC'S

While it started with dips (and is still widely known for this), Nic's has now branched out into a full-fledged café. The menu may seem limited, but most of the items on offer are crowd-pleasers. Nic's also serves breakfast all day, with the milkfish "bistek" and sirloin tapa turning out to be its patrons' favorites. The space can comfortably accommodate you and your amigos, but best to come early for lunch since it fills up fairly quickly.

**What to try:** *Salmon crunch*, P375. *Seven herb cheese dip*, P195. *Chicken Caesar baguettini*, P275.

**Address:** G/L Phase 1B UP Town Center, Katipunan Avenue, Quezon City. **Store hours:** 10 a.m. – 9 p.m. daily

## HAVE A QUIET DATE NIGHT AT CHEF J. TESORO'S MINI PIES & TARTS

Whisper sweet nothings over something sweet at this quaint store, which is ideal for couples or intimate groups. Chef J. Tesoro's Mini Pies & Tarts is also a popular spot among parents who want a coffee-and-pastry break while their kids romp in the park in front of Blue Bay Walk.

**What to try:** *Blueberry cheesecake mini pie*, P47 per piece. *Cornella sweets mini pie*, P45 per piece.

**Address:** Cluster C, Blue Bay Walk, Diosdado Macapagal Avenue, Pasay City. **Store hours:** 10 a.m. – 10 p.m. daily





# LEA SALONGA



Lea Salonga (second from left) with fellow coaches and judges on *The Voice of the Philippines*, Season 2: solo artist Bamboo, local pop princess Sarah Geronimo, and apl.de.ap of The Black Eyed Peas.

## FAVORITE FAMILY RITUAL:

DINNER TOGETHER EVERY NIGHT WHENEVER POSSIBLE.

## HOUSEHOLD CHORE I ACTUALLY ENJOY:

I DON'T DO MUCH HERE, BUT WHEN I'M IN THE US, I LIKE DOING LAUNDRY. FOLDING CAN BE THERAPEUTIC.

## MY FAVORITE ROOM IN THE HOUSE:

MY BEDROOM. IT'S VERY PEACEFUL, AND WHEN I'M WORKING A LOT, IT'S SANCTUARY.

## MY NO. 1 HOUSE RULE

SHOES OFF BEFORE GOING UPSTAIRS.

## WHEN AT HOME I'M USUALLY

IN MY PJAMMS RESTING, READING, OR WRITING. OR CATCHING UP ON FACEBOOK AND VIDEO GAMES.

## IF I HAVE AN EXTRA HOUR IN MY DAY TODAY I WOULD:

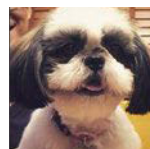
GET AN EXTRA LONG MASSAGE.

## I LOVE SHOPPING FOR:

PURSES, SHOES, PLAIN SHIRTS, OR BOOKS.

**Born:** February 22, 1971

**Profession:** Tony and Laurence Olivier awardee for *Miss Saigon*; first Asian to play Eponine and Fantine in *Les Miz*; female lead on Broadway's remake of *Flower Drum Song*; singing voice of Jasmine in *Aladdin* and Fa Mulan in *Mulan*, both Walt Disney productions; guest actress in American soaps; and Broadway star again, late this year, in the musical *Allegiance*.



**Lives with:** Husband Robert Chien, daughter Nicole Beverly, and (seen here) her dog Lily

## PERSONAL MANTRA:

GOOD ENOUGH IS NEVER GOOD ENOUGH.

## I NEVER LEAVE THE HOUSE WITHOUT:

MY PHONE.

## MY ETIQUETTE PET PEEVE:

NOT SAYING "PLEASE" AND "THANK YOU."

## I STAY FIT BY:

SINGING! I ALSO HIT THE GYM A FEW TIMES A WEEK.

## MY HANDBAG TODAY IS:

A LARGE MICHAEL KORS TOTE. BLUE AND WHITE. IT HOLDS THE USUAL: WALLET, TISSUE, PHONE, BATTERY, EYE DROPS, HAND CREAM, EYEGLASSES (IN A CASE), A PEN, NOTHING UNUSUAL...

## BUT YOU MIGHT BE SURPRISED TO FIND...

THROAT COAT TEA. I'VE BEEN FIGHTING A COLD AND HAD TO SING SO THIS HELPS.

## FAVORITE JUNK FOOD:

EVERYTHING! IN N OUT BURGERS, GARLIC FRIET, KETTLE-COOKED POTATO CHIPS, JALAPEÑO ANYTHING, POPCORN WITH BUTTER AND PARMESAN CHEESE NACHOS, SPAM, AND SEASNAX CHIMPERS.





# Energy efficiency at its coolest



As intelligent sensors detect temperature changes, energy is consumed wisely by only cooling when needed, unlike ordinary refs which cool continuously.



Proven to have shown better energy savings, it does not damage the ozone layer by having a short lifespan in the atmosphere making this ref an environment-friendly choice.



This minimizes loss of cold air and ensures consistent cooling and improved energy efficiency. It also adds structural stability to your refrigerator.

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This innovative technology lets you **save up to 50% in energy consumption** while keeping every part of your refrigerator in optimal cooling temperatures. Energy savings are equivalent to that of inverter refrigerators.

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YOU CAN HELP GIVE YOUR KIDS AN AMAZING CHILDHOOD  
WHEN YOU'RE ASSURED THEY'RE PROTECTED.

# #LAKINGAMAZING

## ACTIVITY OF THE MONTH: HOPS AND LADDERS

Board games are a perfect way to entertain and educate kids.  
But wouldn't it be more interesting if the board game came to life?  
Get your dice and start hopping! It's time for a  
Laking Amazing board game!



**AMAZING FACT:** According to child development experts, hopping around is a great way for your kids to exercise, and develop their muscles. And by asking them questions during the game, you can help stimulate their brain and prepare them for school.

**MATERIALS:** STICKER NOTE PADS, PEN, DICE

**STEP 1.** Take your sticker note pads and write down a number on each one, beginning from 1 all the way to 100.

**STEP 2.** Create a path with twist and turns by sticking the notes on the floor, setting them down numerically. Let 1 be your starting point and 100 be your end point.

**STEP 3:** Mark 10 (or more, if you'd like) numbers with a symbol that will act as the question points. Let's call them ladders.

**STEP 4.** Ladders: Have a series of questions written down for your kids to answer. Don't make them too hard! The point is to learn, but still have fun. Sample questions : "What is a rhombus?" or "What are the three primary colors?" or "What color will come out if you mix yellow and red?"

**STEP 5.** Rules of the game are simple: You must hop all the way to the end. Roll a die to see how many hops you take. If you land on a ladder, you must answer a question. Take 3 more hops if you get it right, hop back 2 steps if you're wrong.

What are you waiting for, moms? Try this Laking Amazing activity and hop on to [www.lakingamazing.ph](http://www.lakingamazing.ph) to share your photos! You can also share with us your own ideas at [facebook.com/nidofortified.ph](https://facebook.com/nidofortified.ph) and we might just feature them.

**TIP:** Mental development is just as important as physical protection. Feed their minds with the right knowledge in the same way as you feed their bodies with proper nutrition.



Laking NIDO<sup>®</sup>, PROTEKTADO

FOR MORE AMAZING ACTIVITIES, VISIT  
[WWW.LAKINGAMAZING.PH](http://WWW.LAKINGAMAZING.PH)



# Stay Tagaytay

Live Every Day Like A Vacation

Discover The Art of Staycation • The Charm of Country Living • Restaurant Gems in The South  
Maximize Your Living Space • Ayala Mall Serin: Tagaytay's Newest Retail Haven

**GOOD  
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EAST  
TAGAYTAY





## Tagaytay Living at its Finest

There are still so many things to discover. From gorgeous views, fantastic eats, to great moments with your loved ones, life's sweetest pleasures are just a short distance away.



# W e l c o m e

**R**ecently, I met a man who was born in the Philippines, and who had moved to the U.S. with his family when he was a child. Now in his 40s, he has moved back to the Philippines, and is operating a business and just generally living the life on one of our many beautiful islands. "This is the American dream," he said. I remarked that it was interesting how the American dream didn't involve America at all, but I understood what he meant—the dream (American or otherwise) is to be able to move to a place surrounded by nature; to live a relaxed, unhurried pace; to wake up every day to fresh air, gorgeous views, and no stress—a perpetual vacation.

For many, this can only happen after retirement, after having saved up enough to buy an idyllic piece of land, and when there are no longer any commitments holding them to the city. But this dream life is fast becoming more attainable even for younger families: affordable home options are now available in picturesque Tagaytay. You may just find that your favorite weekend getaway can turn into a permanent address. And in this supplement, Good Housekeeping has collaborated with Avida to show you that your dream life is, in fact, well within your reach.

*Tisha*  
*Tisha Alvarez Angluben*  
**EDITOR IN CHIEF**  
Good Housekeeping Philippines



Artist Perspective of Amenity Deck



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# Life on the Ridge

**T**here's an allure to Tagaytay, one that stretches back decades. Cool air, beautiful scenery, and fresh produce, all just an hour's drive from Manila.

Traditionally a summer haunt, Tagaytay is fast gaining a reputation as a year-round destination, and even as an enviable place to settle down with the family. It has also become an immediate escape from the busy and fast-paced lifestyle of Manila offering a brief respite to those who seek solace and calm.







Artist Perspective of Serin East facade

**THE CITY IS SLOWLY GROWING**, with schools, malls, churches, and recreational spots slowly dotting its lush landscape. But despite its urbanization, Tagaytay has managed to keep its countryside charm, thanks to the people who call this pocket of paradise home.

When you think about it, there must be a moment in your life that you've been tempted to stay not just for a bit, but for a long while in Tagaytay. The idea of being serenaded by the coolness of the air before slumber and waking up to a majestic view of Taal Volcano is thrilling. It's a ridge lined with spots and haunts a foodie would tremendously take pleasure in—ranging from local delicacies to international cuisines, the offering of the simplest of fares, up to the country's best fine dining restaurant.

Serin offers the best of Tagaytay living and more. The residents can enjoy a calm and comfortable life as well as the modern facilities and amenities, right in the heart of the city. This new residential development from Avida Land also provides its residents the pleasure of living their dream life to the fullest because of its splendid exclusivity.

Hold a pool party, entertain friends, or host a play date with Taal Lake as the backdrop. Enjoy afternoon tea while reading a good book, or take a leisurely walk in one of Serin's many outdoor areas.

At Serin, real life feels like a vacation, and Tagaytay feels like home.



Artist Perspective of The Masterplan

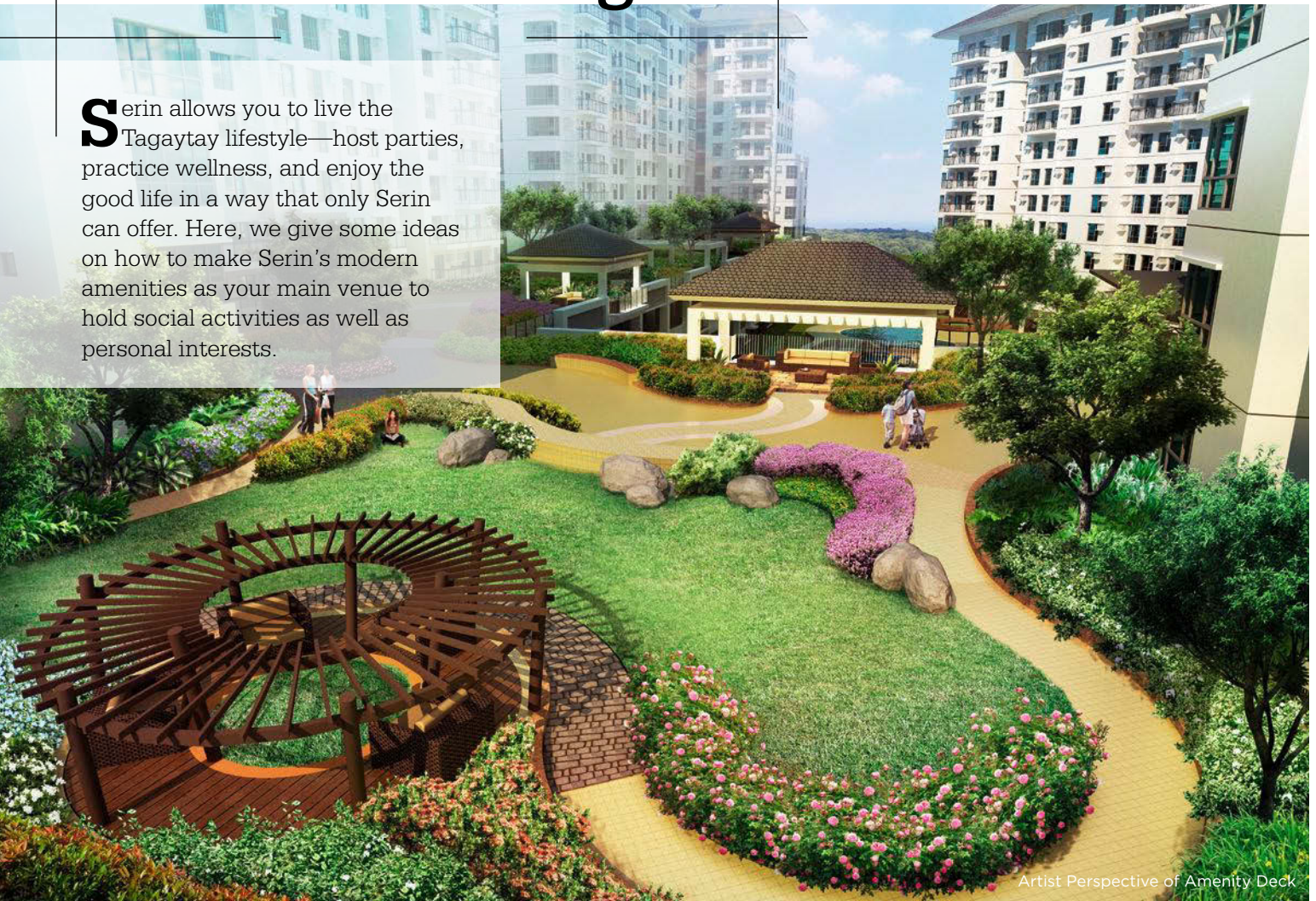


Artist Perspective of Serin East Masterplan



# Life on the Ridge

**S**erin allows you to live the Tagaytay lifestyle—host parties, practice wellness, and enjoy the good life in a way that only Serin can offer. Here, we give some ideas on how to make Serin's modern amenities as your main venue to hold social activities as well as personal interests.



## Host an Organic Party

Take advantage of Tagaytay's fresh air and spectacular views by hosting an organic-themed party in one of Serin's many gardens and open spaces. Create a menu that utilizes fresh meat and fruits from the Tagaytay City Market or the Mahogany Market. Decorate the party area with fresh flowers, textured table accents, and quaint origami pieces. Serve drinks in clay mugs and mason jars for a rustic feel and or even have a make-your-own salad buffet with ingredients composed of the local greens and herbs harvested from neighbouring organic farms. After the party, let guests bring home a goodie bag filled with organic oils, bath gels, and even potted plants so that they can take Tagaytay's aura of relaxation home with them.







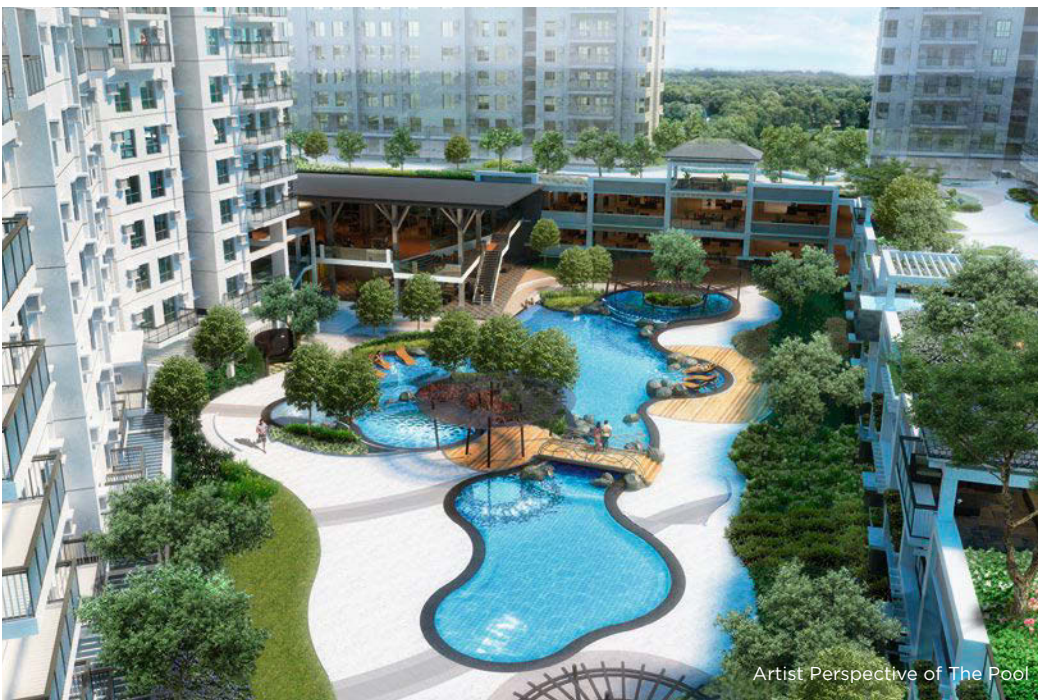
## Prepare **Finger Food** and Fun Drinks for Snacks

Spend your lovely summer days lounging by the pool. Serin has adult and kiddie pools where you can host pool parties for yourself or your little ones. Remember to serve easy-to-make-and-even-easier-to-gobble-down finger food and fun drinks like mocktails poolside to make the event even more special to keep the party going.



## **Morning and Evening** Running Sessions

Serin's manicured lawns inspire both fitness and reflection. Take a morning or evening run down the trellised path as you strive for better health, or take a leisurely walk as part of your wellness program. Why not hold group yoga sessions or even round up a Tai chi class on one of the pocket gardens? Either way, your body, your mind, and your spirit will thank you for it.



## **Organize** a Wine-Pairing Night

Serin's multi-purpose hall and clubhouse are perfect venue to host a variety of events. Take advantage of the weekend by inviting friends over for a wine-pairing night. Let them partake of your selection of fine wines, cheeses, tapas or antipasti, or have each friend bring a bottle of their favorite vino and compare tasting notes.





# Art of Staycation

**A** soothing indulgence can be had at Serin East Tagaytay-Avida's residential project set amid the lushness of this famed recreational destination. Give yourself a slice of paradise that is a world away from the frenzied hum of the city. The surrounding area offers a myriad of experiences that will refresh and energize your harried soul such as a view of the gorgeous Taal Volcano. Explore the main highway's diverse culinary offerings, from the best brewed coffee to artisanal breads, and even a tempting array of international cuisines that will please even the pickiest palate.







▲ A cozy dining area is the perfect nook for intimate meals over lively conversations. To add some more tabletop, why not add a tray table on the side so you'll have more table space for the family?



▲ Take advantage of Tagaytay's fresh produce all year round and create culinary experiences with friends and family. You can even purchase some potted herbs to place in the balcony so you can have fresh ones every time you cook.



▲ A well-lit bathroom is perfect for cleansing all your worldly cares away. At your convenience, you can also place in a washing machine so you won't have to worry about getting laundry service outside.



▲ A warm rug, a couple of throws, and inviting armchairs and sofas are the perfect ingredients for lazily lounging around with a book or a favorite movie. For a touch of comfort, bring in accent pieces like a coffee table centerpiece or a functional figurine to bring your room theme all together.

# Make Your Abode COUNTRY CHIC

Partners Misty Floro and Pai Edles of Morfosis Design know how to give your place some kitchy character. Spruce up your interiors with a touch of rustic elegance:

## 1 USE WHITE FURNITURE PIECES

Country interiors usually feature a lot of wood pieces. Try using white painted wood pieces for a refreshing change.

## 2 USE OF DARK NEUTRAL COLORS

To tone down the "shabby" and amp up the "chic," combine your whites and pastels with dark neutrals such as gray and black. For example, a white sofa can be accented with a variety of gray and black throw pillows.

## 3 ACCESSORIZE WITH METALLIC DÉCOR

Metallic pieces instantly glam up any space. For example, place a set of copper candle holders on a coffee table or side table for a shot of shine.

## 4 BRING IN THE GREENS

Reinforce the country feel by placing plants inside the home. Succulents and palms are great choices.

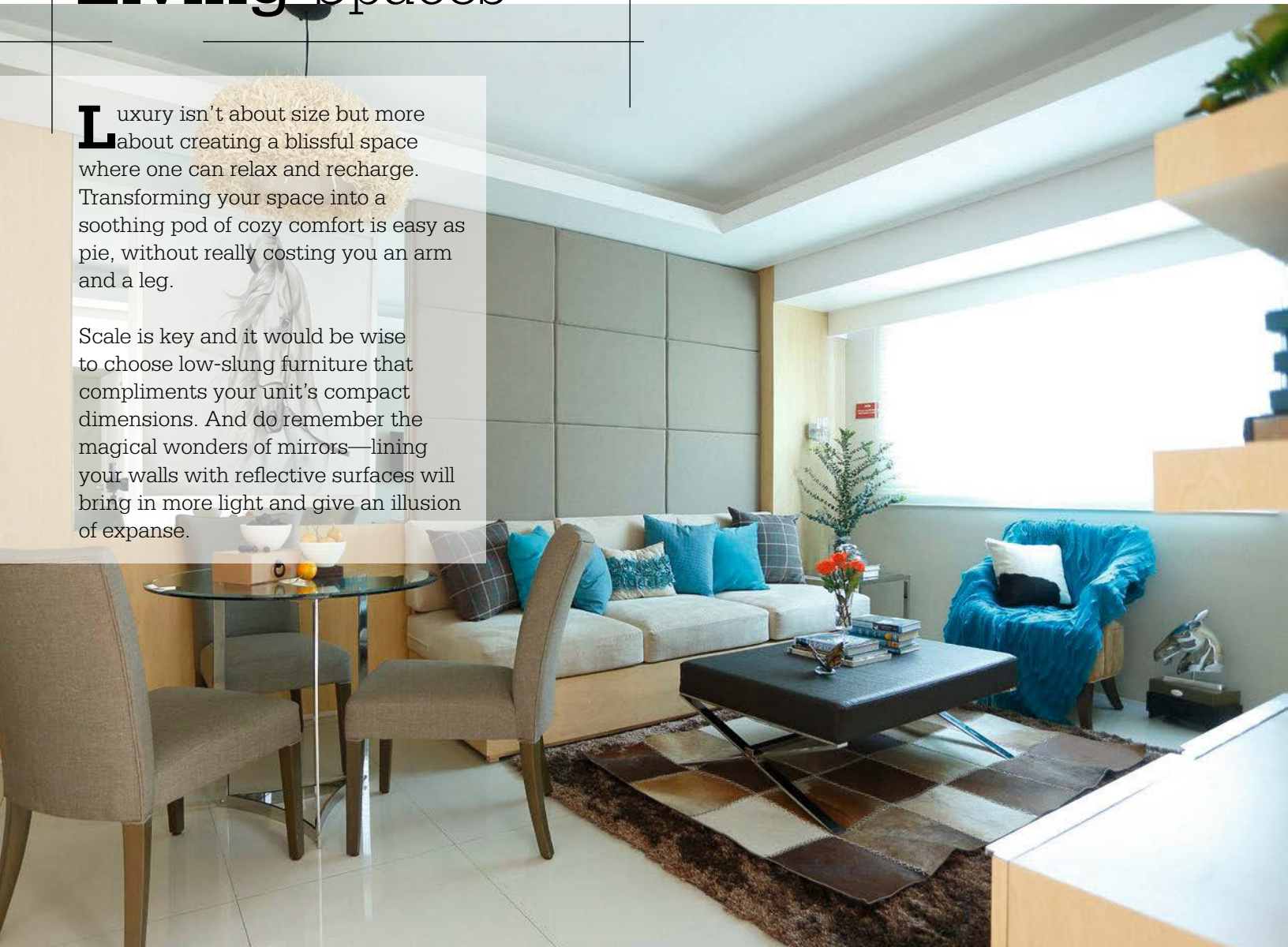
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# Living Spaces

**L**uxury isn't about size but more about creating a blissful space where one can relax and recharge. Transforming your space into a soothing pod of cozy comfort is easy as pie, without really costing you an arm and a leg.

Scale is key and it would be wise to choose low-slung furniture that compliments your unit's compact dimensions. And do remember the magical wonders of mirrors—lining your walls with reflective surfaces will bring in more light and give an illusion of expanse.



## Common Room Ideas

◀ The living room is the focal area for multi-bedroom units. Once you've assembled the main pieces in your 2 bedroom unit, bring in the quaint touches that will personalize the space according to the residents' preference. Include in elements that will reflect the owners' taste such as flowers, books, framed photos, and accents.



2 Bedroom Unit





1 Bedroom Unit



## Coordinate The Kitchen

► Modern bowls in neutral colors with linens in complimentary hues give your 1 bedroom unit dining and kitchen areas a polished look. The fruits and vegetables of the season carefully arranged on pretty ceramic plates give this nook a chirpy mood. Plate even the simplest dishes with care and you'll surely feel a change in the vibe of your place. A bowl of fruits in a plain bowl and fancy glassware set atop a simple yet classy tray can make a world of a difference.



Executive Studio Unit

## Private Quarters

▲ The gleam of glass and metals will surely give your executive studio unit a luxurious feel. Throw in items of whimsy such as animal sculptures and fresh flowers. The fine details are what makes a house, a home. Flowers, succulents, or your favorite indoor plants in beautiful vases with framed pictures or art will give your home the unique feel that makes it undoubtedly your own.



# Southern Eats

**T**agaytay's abundance of fresh produce, coupled with the city's proximity to Manila, has turned it into a dining mecca. Each place featured has a tempting come-on, from the organic farm-to-table

## CAFE CARMENCITA

The quaint abode that houses Cafe Carmencita is a reflection of the food you'll find inside: warm, comforting, and delicious. Mom's Beef Stew, an heirloom recipe from Kathleen's mom, is a bestseller, as is the Beer-battered Fish and Chips. If you're looking for something festive, the Prawns Thermidor is a good pick. You can't leave without trying their dessert; the Salted Caramel Cheesecake is divine, and the Turtle Pie is simply addictive. "We want you to feel like you're just in a friend's house having lunch or dinner or merienda," says Kathleen Manzano, Cafe Carmencita's owner.

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Rich heirloom dishes and desserts at Café Carmencita



Food cooked with Italian flair at San' Antonio Pizzeria

## SAN' ANTONIO PIZZERIA

San' Antonio Pizzeria is a little eatery run by Rogationist priests headed by Italian-trained Fr. Rene Ramirez. All their pizzas are freshly made and baked in a brick oven fueled with fragrant wood from the property. Their roast chicken is a must-try as well, the skin beautifully browned and the meat soft and juicy. If you have time, head over to Caffe San' Antonio across the hall, where you can enjoy coffee and pastries, and if you're feeling generous, you can purchase suspended coffee that enables someone from the local community to enjoy a cup of coffee and a pastry for free.

Km. 51.8 Aguinaldo Highway, Laan 2,  
Silang, Cavite  
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[www.rogate.ph](http://www.rogate.ph)



concept, comforting heirloom recipes, authentic Thai cuisine to incredible Italian fare prepared by priests. The area's varied restaurants ensure that Serin residents are never far away from a good meal.

#### LIME AND BASIL

"If you think of Tagaytay, you think of a garden. People go to Tagaytay to relax. They want something new," says Sigrid Sarmiento of Lime and Basil, Tagaytay's only Thai restaurant. The establishment takes advantage of Tagaytay's fresh produce, and also uses herbs straight from their garden. Whet your appetite with their Fresh Spring Rolls, fresh vegetables wrapped in rice paper and served with a sweet chili sauce and the Lime and Basil Salad, the restaurant's signature salad of greens drizzled with tamarind sauce. Indulge in Thai favorite Tom Yam Goong, a sour seafood soup with citrus notes, followed by the Crispy Pata Curry, which is as delicious as it sounds, paired with Bagoong Rice. For dessert, the Sticky Rice with Mango always hits the spot.

9014 J. Rizal St., Brgy. Sikat, Alfonso, Cavite  
(0915) 627-6393  
[www.limeandbasil.ph](http://www.limeandbasil.ph)



Impressive Thai flavors at Lime and Basil



Healthy and heartwarming food at Nurture Wellness Village

#### NURTURE WELLNESS VILLAGE

Enjoy nature as you eat your way to optimum health at the Gabriela Garden Cafe in Nurture Wellness Village, where you can pick your own salad and herbs for tea. "We follow two philosophies: locavore, everything is, as much as possible, sourced from within, but very important, we also have journey to wellness," says Cathy Turvill, a Certified Wellness Specialist and President of Nurture Spa. The Kale Wrap, fresh veggies wrapped in kale; and the Squash 'Pasta' with Kale Pesto Sauce, a real food delight made from fresh squash, sets the tone for wellness. The Arroz Caldo y Tapas is the perfect comfort food; and the Chicken Kare Kare is a healthier, but still delicious version of traditional beef tripe stew. Suman at mangga, which comes with tsokolate, is the perfect way to end a meal.

Pulong Sagingan, Barangay Maitim II  
West Cavite, Tagaytay  
(0918) 888-8772, (02) 710-9786  
[www.nurturewellnessvillage.com](http://www.nurturewellnessvillage.com)



# Retail Therapy

**I**t's more than just a mall—it's a shopping haven with high terrace levels and garden accents making it a wonderful place for families and friends to spend fun moments together. This retail and leisure complex offers a multitude of things to do, see, and feast on with over a 100 stores to choose from. When you want a taste of city life, you need not go any further with Ayala Malls Serin.



The *Corte* was specially created so people can relish and enjoy the city's much-loved cold, fresh country air.

## What's in Store

### ► Home Offerings

When you want to add some special pieces to your home, visit the home furnishing stores dotted in the mall for your inspiration. From English tea sets to fancy table sets, simple bouquets to grand centerpieces, home electronics, and appliances—its all here.

Visit: **Abenson, Lucina** and **Rosabella**



### ► Pampering Services

For those seeking relaxation and pleasurable treatments, there are areas where you can just indulge and have some personal me time.

Visit: **Dutchess Salon and Spa** and **Nuat Thai**



### ► Basic Conveniences

Need groceries? Looking for basic home necessities? Buying something nice for yourself? Everything is within the vicinity. Best of all, the items are affordable so you can buy in bulk if available in the stores or get great deals to satisfy your shopping itch.

Visit: **Walmart, Family Mart, Japan Home Centre, Nike, Res Toe Run, Fashion Rack** and **Payless Shoe Source**



### ► Restaurant Picks

There are many restaurants and food spots with various cuisines and offerings. The only problem you'll have is picking out which ones to choose!

Visit: **French Baker, Earle's Deli, Hermana, S&R New York Style Pizza**, and **Seafood Island**



# Tagaytay Lifestyle

Three residents of the ridge share their favorite spots and hangouts.



◀ Cathy Turvill has always loved the country vibe of Tagaytay, which has inspired her creatively and spiritually. Unlike in Manila where you feel you're always on the move, Cathy shares that in Tagaytay you can just be still and value the important things in life such as family and health. For those looking for a place to heal spiritually, she recommends a visit to the Divine Word Seminary, which is reminiscent of what Tagaytay was like a century ago.



◀ Kathleen Manzano's favorite thing in Tagaytay is the view. "I just can't get enough of it. I've been here for three years but every time I see Taal Lake, I'm still mesmerized." She never gets tired of enjoying a cup of coffee while feeling the cool winds and eating breakfast, al fresco-style. As a sweet treat, she suggests going to the Little Souls Sisters Convent and Monastery to visit their small coffee shop that sells delicious coconut cream pies.



◀ "Just going around Tagaytay and Batangas. If you want the beach, it's there. If you want to climb a mountain, it's there. If I have time, I go around Tagaytay just discovering new things," explained Sigrid Sarmiento when she was asked what she'd never get tired of living in the summer city. She also loves going around the markets all over the place where she buys fresh fruits and vegetables.



## Serene Moments

Momster Teacher blogger Dewmain Sales Lagada and her family loves to escape the summer heat by going to Tagaytay. Here, she shares her top gift items:

### *What are your top 3 pasalubongs?*

Tarts from Loumar's, the famous Mushroom Burger, and fresh fruits like watermelon and mangoes. I also love buying lettuce that's still in the pot, which I would later pick fresh leaves from to make a salad!



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